

# Get up, get out, get moving.

Training to jump start your health.



Welcome. You're about to take your first step toward improving your health. And it doesn't need to be a big step – as long as it gets you moving in the right direction. To help, we've developed a weekly plan to guide you through ways to keep moving by warming up, walking and stretching.

## What you need to get started

- Walking shoes with good support.
- Water to help keep you hydrated during your workout.
- Exercise booklet and videos. You can download both on [nyl.com/achilles](http://nyl.com/achilles). Click on "Exclusively for New York Life Group Benefit Solutions Disability Customers."

## Move – a little goes a long way

To get started, spend your first week just getting outside at least once a day. Even a walk to the mailbox is progress that will help you get ready for week two where you'll start to walk outside for three to five minutes each day.

"Move a little" on the schedule means remaining on your feet, whether you walk around the house or move side-to-side while looking out the window or talking on the phone. As long as you're not sitting still for that time period, you're moving! The schedule suggests you start your first week moving a little for 15 minutes a day, then add an additional 15 minutes of movement a day throughout week two.

As you get into the program, you'll start walking for longer amounts of time. A range of walking times is suggested on the schedule. Walking for the amount of time listed is more important than how far you go. A good pace toward the end of the program is to be able to walk one mile in about 20 minutes. It's okay to pause during your walks, if necessary. After week two, "Move a little" is not on the schedule, but you still should make it a habit to take a break from sitting every 20–30 minutes.

## Warm up and stretch – prepare to move, prevent the pain

Dynamic warm-ups and stretching exercises are listed as part of the program. The dynamic warm-up, on page one of the exercise booklet, can be done before you begin moving, to loosen up your muscles. The stretching, as demonstrated in the stretching video, should be done after your walk.

Stretching is most important, as inflexibility limits your normal range of motion. The dynamic warm-up in the exercise guide can be done every day to loosen up your muscles before you walk or run. A longer workout, as demonstrated in the stretching video, can be done once a week.

## Tips – helping you along, keeping you strong

- If you miss a day or two, or don't get to all the activities on the schedule, don't get discouraged. Just pick up where you left off. A little movement every day is best, but a few days a week is good, too.
- Try not to spend an entire day doing absolutely nothing. Even if you're under the weather, getting up to move and stretch your muscles may make you feel better.
- You can expect a little soreness after walking, especially in the beginning. If your pain goes beyond soreness, stop exercising and talk with your doctor.



GROUP BENEFIT  
SOLUTIONS

## Your training program to get up, get out and get moving

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
<b>Move a little</b>							
1	(1x) 15 minutes	(1x) 15 minutes	(1x) 15 minutes	(1x) 15 minutes	(2x) 10 minutes	(2x) 15 minutes	(2x) 15 minutes
<b>Get outside</b>							
2	Move a little (2x) 15 min Walk 3–5 min	Move a little (2x) 15 min Walk 3–5 min	Move a little (2x) 15 min Walk 3–5 min	Move a little (2x) 15 min Walk 3–5 min	Move a little (2x) 15 min Walk 3–5 min	Dynamic Warm-up Walk 3–5 min	Move a little (3x) 15 min Walk 4–5 min
<b>Dynamic warm-up and stretch</b>							
3	Walk 4–6 min	Walk 4–6 min	Walk 5–7 min	Walk 5–7 min	Walk 6–7 min	Walk 6–8 min	Walk 6–8 min
<b>Dynamic warm-up and stretch</b>							
4	Walk 6–8 min	Walk 8–10 min	Walk 6–8 min	Walk 8–10 min	Walk 7–8 min	Walk 8–10 min	Walk 8–10 min
<b>Dynamic warm-up and stretch</b>							
5	Walk 10–12 min	Walk 8–10 min	Walk 10–12 min	Walk 8–10 min	Walk 10–12 min	Walk 10–12 min	Walk 10–15 min
<b>Dynamic warm-up and stretch</b>							
6	Walk 10–15 min	Walk 10 min	Walk 10–15 min	Walk 10 min	Walk 10–15 min	Walk 10–20 min	Walk 10–20 min
<b>Dynamic warm-up and stretch</b>							
7	Walk 15 min	Walk 10 min	Walk 15 min	Walk 10 min	Walk 15 min	Walk 15–20 min	Walk 15–20 min
<b>Dynamic warm-up and stretch</b>							
8	Walk 15 min	Walk 15 min	Walk 15 min	Walk 15 min	Walk 15–20 min	Walk 15 min	Walk 20–25 min
<b>Dynamic warm-up and stretch</b>							
9	Walk 15 min	Walk 15 min	Walk 15 min	Walk 20 min	Walk 15–20 min	Walk 15 min	Walk 25–30 min
<b>Dynamic warm-up and stretch</b>							
10	Walk 15 min	Walk 20 min	Walk 15 min	Walk 20 min	Walk 15–25 min	Walk 20 min	Walk 25–30 min
<b>Dynamic warm-up and stretch</b>							
11	Walk 15 min	Walk 25–30 min	Walk 15 min	Walk 15 min	Walk 25–30 min	Walk 10 min	Walk 30–35 min
<b>Dynamic warm-up and stretch</b>							
12	Walk 15 min	Walk 25–30 min	Walk 15 min	Walk 15 min	Walk 30–35 min	Walk 10–15 min	Walk 35–40 min



**If you experience pain at any time during your workout,  
stop exercising and consult your doctor.**

This is for informational purposes only and should not be construed as medical advice or services. You should consult your doctor for medical advice or services, including seeking advice prior to undertaking a new exercise or fitness program. Advance consultation with your doctor is particularly important if you are under eighteen (18) years old, pregnant, or have health problems. Never disregard professional medical advice or delay in seeking it because of something you have read in this brochure. New York Life Group Benefit Solutions assumes no responsibility for any circumstances arising out of the use, misuse, interpretation or application of any information supplied in this brochure.

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