

# SURVIVOR OUTREACH SERVICES WALK FIT PROGRAM



**Healthy Heart Zone (Beginners) --- 50 - 60% of maximum heart rate**

**WHEN:** M-W-F: Start Date 5 Mar 12

**TIME:** 10:00-11:00 and 16:30-17:30

**LOCATION:**

Bldg. 241 Sheridan Road  
Fort Bliss, Texas 79916

**ATTIRE:** Fitness

**SCHEDULE:**

Calculate MHR/Fitness Zone

Drink water

Stretching 5 minutes

Walking 1-2 or 2-3 miles

Cool Down 5 minutes

**POC:** Michelle Jones  
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