

A man and a woman are walking away from the camera on a paved path. The man is on the left, wearing a dark blue long-sleeved shirt and dark shorts. The woman is on the right, wearing a denim jacket, dark pants, and a small yellow bag. They are holding hands. A large brown and white dog is walking on the path to the right, on a leash held by the woman. The path is surrounded by green grass and trees in the background.

**RUTINA**

**SEMANAL**

# CAMINATA

- Elige un horario adecuado para realizar la caminata.
- Utiliza ropa y calzado adecuado para realizar la rutina.
- Realiza ejercicios de estiramiento y acomodo físico para iniciar la rutina.



Lunes: 1 Km.

Martes: 1 Km.

Miércoles: 1.5 Km.

Jueves: 1.5 Km.

Viernes: 2 Km.