



FREE GUIDE FROM CLICKBIZHUB

7-Day Walking + Fiber Reset

Two simple, research-backed habits, one small step each day. No pills, no powders, no gym.

Why these two habits?



Interval ("Japanese") walking

Alternate **3 minutes brisk** and **3 minutes easy**. In a 5-month study of 246 adults (average age 63), interval walkers gained more leg strength and fitness, and had a bigger drop in blood pressure, than steady walkers.



More fiber, added gradually

The Dietary Guidelines suggest about **14 g of fiber per 1,000 calories** (roughly 22–28 g a day for women, 28–34 g for men), yet most adults get about half that. Fiber supports gut health and regularity and helps you feel full.

Before you start

Walking

- Brisk = "somewhat hard": you can talk in short phrases (about 6–7 out of 10).
- Easy = relaxed, chatty pace (3–4 out of 10).
- Use a phone timer that beeps every 3 minutes.

Fiber

- Add fiber **slowly**, a few grams at a time, to avoid gas and bloating.
- Drink a glass of water with each meal and snack.
- Food first. It brings vitamins and different fiber types.

Check with your doctor first if you have heart disease, uncontrolled blood pressure, diabetes, joint or balance problems, a digestive condition (IBS, Crohn's), are pregnant, or take medication. Stop and seek help if you have chest pain, severe shortness of breath or dizziness.

Your 7-day plan **tick each box as you go**

Day	Walk	Fiber step (about)	Done
Day 1	15-minute easy walk. Just get moving.	Add ½ cup berries to breakfast (+4 g)	☐ Walk ☐ Fiber
Day 2	3 rounds of 3 min brisk / 3 min easy (18 min)	Keep the berries; add 1 tbsp chia or ground flax (+3–4 g)	☐ Walk ☐ Fiber
Day 3	Recovery: gentle 20-minute walk + calf and hip stretches	Same as Day 2. Let your gut adjust.	☐ Walk ☐ Fiber
Day 4	4 rounds (24 min)	Add ½ cup beans or lentils at lunch (+7–8 g)	☐ Walk ☐ Fiber
Day 5	4 rounds (24 min). Try a slight hill on the brisk parts	Swap a white-bread or white-rice serving for whole grain (+2–3 g)	☐ Walk ☐ Fiber
Day 6	Easy 30-minute walk with a friend, partner or grandkid	Snack on a pear or apple with the skin (+4–5 g)	☐ Walk ☐ Fiber
Day 7	5 rounds (30 min), or as many as feel good	Add a cup of vegetables at dinner (+4–5 g)	☐ Walk ☐ Fiber

By Day 7 you'll be walking about 30 minutes with intervals, and eating roughly **25 g more fiber** than on Day 1 if you keep each step. Too much too fast? Hold at the previous day's level for a few days. There's no rush.

Easy high-fiber swaps

- Lentils, ½ cup cooked: ~8 g
- Black beans, ½ cup: ~7.5 g
- Chia seeds, 2 tbsp: ~8–10 g
- Raspberries, 1 cup: ~8 g

- Pear with skin: ~5.5 g
- ½ avocado: ~5 g
- Broccoli, 1 cup cooked: ~5 g
- Oatmeal, 1 cup cooked: ~4 g

Week 2 and beyond

Keep **5 rounds of interval walking, at least 4 days a week**, plus two short strength sessions. Together with walking, that meets the CDC's 150 minutes of weekly activity. Keep fiber near your daily target, and keep drinking water.

Read the full guides: clickbizhub.com/japanese-walking · clickbizhub.com/fibermaxxing · clickbizhub.com/strength-training-over-40

Sources: Nemoto K et al., *Mayo Clinic Proceedings* 2007 (interval walking training); Dietary Guidelines for Americans; Reynolds A et al., *The Lancet* 2019 (fiber and health); CDC Physical Activity Guidelines; USDA FoodData Central (fiber values, approximate).

This guide is general information, not medical advice. Results vary. Talk to your healthcare provider before changing your exercise or diet. © 2026 ClickBizHub · clickbizhub.com · Written by Kaycee (KC)