



30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
1	1 mile 25 minutes	1.5 miles 35 minutes	1 miles 25 minutes	1.2 miles 25 minutes	1 mile 20 minutes	2 miles 37 minutes	2 miles 40 minutes
	slow pace	25 min slow + 10 min moderate	slow pace	5 min slow + (1 min fast + 1 min slow) x 10	moderate pace	20 min moderate + 17 min fast	moderate pace
2	1 mile 25 minutes	2 miles 37 minutes	1.5 miles 35 minutes	1.8 miles 35 minutes	2 miles 40 minutes	2 miles 37 minutes	3 miles 60 minutes
	slow pace	20 min moderate + 17 min fast	25 min slow + 10 min moderate	5 min slow + (2 min fast + 1 min slow) x 10	moderate pace	20 min moderate + 17 min fast	moderate pace
3	1.5 miles 30 minutes	2 miles 37 minutes	3 miles 60 minutes	2 miles 37 minutes	2 miles 40 minutes	2 miles 37 minutes	4 miles 80 minutes
	moderate pace	20 min moderate + 17 min fast	moderate pace	5 min slow + (3 min fast + 1 min slow) x 8	moderate pace	20 min moderate + 17 min fast	moderate pace
4	1.5 miles 30 minutes	3 miles 54 minutes	3 miles 60 minutes	2 miles 37 minutes	3 miles 60 minutes	2 miles 37 minutes	5 miles 100 minutes
	moderate pace	20 min mod + 34 min fast	moderate pace	5 min slow + (3 min fast + 1 min slow) x 8	moderate pace	20 min moderate + 17 min fast	moderate pace
5	1.5 miles 30 minutes	4 miles 74 minutes					
	moderate pace	40 min mod + 34 min fast					

Tips To Follow The 30-Day Walking Plan

1. Slow is a stroll - approx 25 minutes/mile. Use this easy pace to warm up.
2. Moderate is a normal walking pace - 20 minutes/mile. You can still talk as you walk.
3. Fast is walking at a brisk pace where you're pushing yourself - 17 minutes/mile.
4. Complete sessions in one go or spilt into 2
5. Repeat a week if you find it too hard.
6. If the plan is too easy increase the intensity of your walks with intervals or hills.

Check out the full 30-Day Walking Plan (and much more) at LoveLifeBeFit.com

Walking Workout This Week

L Reisser

A decorative graphic element consisting of a horizontal light blue bar with rounded ends on the left and a semi-circular red gradient on the right.

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The Ultimate Body Book Linda Shelton, Angela Hynes, 2006-12-01 From America's 1 women's fitness magazine with six million readers each issue comes the Ultimate Body Book the follow up to the bestseller Shape Your Life Linda Shelton Shape magazine's fitness director shows you how to achieve your best body the Shape way This means getting lean and toned having high energy and possessing the head to toe confidence that comes from knowing you're at your personal peak of health and well being

Weight Loss for Men - Metric Edition Vincent Antonetti, PhD, 2013-12-12 This eBook is packed with all the information you need for real understanding the guidance you need to be successful and easy to use 1200 kcal 1500 kcal and 1800 kcal meal plans you need to lose weight with strong chapters on nutrition and exercise Weight Loss for Men has a new BMI based Height Weight table as well as new tables you can use to predict and monitor your weight Loss for various diet calorie levels to determine body fat percentage your maximum waist size and your optimum waist size for health and much more This is another sensible easy to follow eBook you can trust from NoPaperPress Metric units PhD author

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3 WEIGHT MAINTENANCE The Weight Maintenance Program Why Do People Regain Weight Weight Control Life Long Struggle Planning Maintenance Eating Mini Diets Maintain Weight Loss Keys to Life Long Weight Control

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Appendix B EXERCISE How Many Calories Do You Burn Types of Exercise Select the Right Exercise Aerobic Exercise How Hard Target Training Zone Walking Program Get a Pedometer Jogging Program Strength Building Programs More Strengthening Exercises Still More Exercises If You Miss a Workout Risks and Possible Problems Avoiding Injury Keep an Exercise Log Effective Low Cost Exercising Workout Lose Weight Be Healthy

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Professional Weight Control for Women Vincent Antonetti, PhD, Tina Hudson, 2018-03-07 Compiled and written by the NoPaperPress staff with tables and charts by Vincent Antonetti PhD especially for health care practitioners physicians nurses nutritionists dietitians personal trainers etc Help your clients lose and or maintain body weight Although any dieter who wants to lose weight and keep it off will profit from these outstanding eBooks A great reference with safe natural effective and easy to use strategies New BMI based Weight versus Height table new Body Fat Percentage table new Maximum Waist Size tables and new Optimum Waist Size tables Unique Weight Loss Prediction and Weight Maintenance tables Comprehensive Exercise and Nutrition chapters **Tamilee Webb's Defy Gravity Workout** Tamilee Webb, 2005 *Mall Walking Madness* Sara Donovan, Gary Legwold, 2002 For anyone who wants to get fit and lose weight here's a complete how to manual from Sara Donovan founder of the nation's largest mall walking group At once practical and inspirational Donovan shares tips from the trenches success stories from the sneaker set and a complete understanding of the obstacles we create for ourselves when trying to adopt a healthier lifestyle Mall walking she explains is perfect for the exercise avoidant because it offers diversions like camaraderie and window shopping and takes away easy excuses like bad weather **Fitness Walking For Dummies** Liz Neporent, 2000 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it's a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you can accumulate this hour over the course of a day Fitness Walking For Dummies is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it If you're already a walking fanatic you'll find out how to become a better fitness walker This easy to understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals choosing shoes and considering nutrition to optimize your workout

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Walking Becky Youman,2003 *Shape Up!* Bud Getchell,1994 **McCall's** ,1930 [The Ultimate Body](#) Liz Neporent,2003 Offers instructions for ten complete workouts emphasizing different goals and methods including routines for weight loss strength flexibility and the upper body **The Fitness Book** LeRoy Getchell,1987 *The Popular Science Monthly* ,1923 **Runner's World** ,2007 *Shape* ,1994 **Walk, Jog, Run, for Wellness** Patricia A. Floyd,Janet E. Parke,1990 **Good Housekeeping** ,1920 **Harper's Weekly** John Bonner,George William Curtis,Henry Mills Alden,Samuel Stillman Conant,Montgomery Schuyler,John Foord,Richard Harding Davis,Carl Schurz,Henry Loomis Nelson,John Kendrick Bangs,George Brinton McClellan Harvey,Norman Hapgood,1912 [Physical Fitness & Wellness](#) Jerrold S. Greenberg,2000 **Walking and Light Running** Klaus Bos (Dr),2006

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