

31-Day Walking Plan

start
TODAY
FREE DOWNLOAD

Day 1

Walking
Workout 1

Day 2

Walking
Workout 1

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Day 30

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Workout 2
& Strength

Day 31

Walking
Workout 2

WEEK 1:

Reflect. Why are you walking? Walk toward this goal.

WEEK 2:

Cheers! Prepare a mocktail to enjoy when you get home.

WEEK 3:

Buddy up. Ask a loved one to walk with you - or call them to talk while walking.

WEEK 4:

Tune out. Listen to music or a podcast that brings you joy.

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JE Gale



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