



30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
1	1 mile	1.5 miles	1 miles	1.2 miles	1 mile	2 miles	2 miles
	25 minutes	35 minutes	25 minutes	25 minutes	20 minutes	37 minutes	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	2 miles	1.5 miles	1.8 miles	2 miles	2 miles	3 miles
	25 minutes	37 minutes	35 minutes	35 minutes	40 minutes	37 minutes	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	2 miles	3 miles	2 miles	2 miles	2 miles	4 miles
	30 minutes	37 minutes	60 minutes	37 minutes	40 minutes	37 minutes	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	3 miles	3 miles	2 miles	3 miles	2 miles	5 miles
	30 minutes	54 minutes	60 minutes	37 minutes	60 minutes	37 minutes	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	4 miles					
	30 minutes	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 split 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 Guide Customer Service

J Elliott



Walking Workout Guide Customer Service:

The Complete Idiot's Guide to Great Customer Service Donald W. Blohowiak, 1997 Describes how to create a service oriented organization including training customer service representatives soothing angry customers and understanding employee and customer motivation *IRS Customer Service* United States. General Accounting Office, 1999

Exceptional Customer Service Lisa Ford, David McNair, William Perry, 2009-08-18 When the going s tough companies that survive will be those that build the greatest loyalty by exceeding expectations Yet too often companies ignore their customers needs and wants Today industries like airlines retail businesses and restaurants are feeling consumer pushback With new updated examples from more than fifty companies from Chik Fil A restaurants to the Ritz Carlton hotel chain to online retailer Zappos com this book shows managers how to go from so so service to amazing service In today s market customer service is a key competitive advantage This book shows you how to expand your customer base when the industry is shrinking use new media to reach consumers and make a lasting great impression on customers When businesses are fighting to survive creating a great experience for customers isnit just important it s essential *GSA Federal Supply Schedule Program Guide* United States. General Services Administration. Office of Federal Supply and Services, 1983

Transit Operator Health and Wellness Programs Mary Joyce McGlothlin Davis, 2004 The report documents current information on prevention and intervention strategies and resources that can be used by transit agencies It offers survey information obtained from individuals with the responsibility for managing health and wellness programs This synthesis covers the state of the practice at 14 U S transit agencies of various sizes operating different modes in diverse locales around the nation

The Complete Idiot's Guide to Success as a Personal Financial Planner John P. Napolitano CPA, PFS, CFP, 2007-12-04 Building a successful career in a red hot field Financial planning is one of the fastest growing careers in America today Written by a veteran certified financial planning expert this invaluable book tells aspiring and new CFPs everything you need to know about the certification process setting up private practice self marketing techniques client management and expansion and much more Includes a comprehensive resource section **Semiannual Report to the**

Congress United States. Dept. of the Treasury. Office of Inspector General, 1995 Annual report of TIGTA s audit and investigative activities *The 2000 Tax Return Filing Season and the IRS Budget for Fiscal Year 2001* United States.

Congress. House. Committee on Ways and Means. Subcommittee on Oversight, 2000 *Training Program for Elevator, Telephone, and Directory Service* University of Pittsburgh. Research Bureau for Retail Training, 1927 **Annual**

Department of Defense Bibliography of Logistics Studies and Related Documents United States. Defense Logistics Studies Information Exchange, 1993 *Training Library Staff and Volunteers to Provide Extraordinary Customer Service*

Julie Todaro, Mark Smith, 2006 A guide to training library staff that covers customer service essentials general training guidelines preparation assessing and anticipating the needs of patrons tracking and responding to feedback planning self

development days instituting continuous learning and more Includes resource tools "*Code of Massachusetts regulations, 2012*" ,2012 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 Federal Register ,2013-06 "**Code of Massachusetts regulations, 2011**" ,2011 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "**Code of Massachusetts regulations, 2015**" ,2015 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "Code of Massachusetts regulations, 1993" ,1993 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "*Code of Massachusetts regulations, 1994*" ,1994 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "**Code of Massachusetts regulations, 1988**" ,1988 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 "**Code of Massachusetts regulations, 1998**" ,1998 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 **The Massachusetts register** ,1988-06-24

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