



21 day walking challenge

INSTALL NOW

DAY 1
START WALKING
20 minutes

DAY 2
SHORT WALK
20 minutes

DAY 3
SHORT WALK
20 minutes

DAY 4
STEP IT UP
30 minutes

DAY 5
RELAXED WALK
20 minutes

DAY 6
STEP IT UP
30 minutes

DAY 7
PUSH YOURSELF
60 minutes

DAY 8
RELAXED WALK
20 minutes

DAY 9
SHORT WALK
20 minutes

DAY 10
STEP IT UP
30 minutes

DAY 11
KEEP ON GOING
30 minutes

DAY 12
RELAXED WALK
20 minutes

DAY 13
STEP IT UP
30 minutes

DAY 14
YOU'VE GOT THIS
60 minutes

DAY 15
HALF WAY THERE
30 minutes

DAY 16
RELAXED WALK
20 minutes

DAY 17
SHORT WALK
20 minutes

DAY 18
STEP IT UP
30 minutes

DAY 19
SHORT WALK
20 minutes

DAY 20
KEEP ON GOING
30 minutes

DAY 21
SHORT WALK
20 minutes

Me.

Walking Workout This Month

PT Brinkman



Walking Workout This Month:

Walk Yourself Well Nina Barough, 2025-05-13 If you thrive on hitting your daily step count this book is for you In *Walk Yourself Well* walking expert Nina Barough will teach you how to make the most out of every step from mastering your technique and setting your pace to walking in different climates and terrains Go that extra mile and get inspired with Nina's motivational training programs research backed tips to get the most out of every step plus inspirational walks from around the world for every level Whether you want to improve your health increase your fitness or boost your mood walking has a host of benefits with no fuss and no expensive gym membership required So lace up your shoes program your smartwatch and step into a fitter healthier you

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The Popular Science Monthly, 1878 **The Hahnemannian Monthly**, 1875 *Popular Science Monthly*, 1920 *Therapeutic Monthly*, 1902

Harper's New Monthly Magazine Henry Mills Alden, 1873 Harper's informs a diverse body of readers of cultural business political literary and scientific affairs

Walk, Jog, Run, for Wellness Patricia A. Floyd, Janet E. Parke, 1990

THE MONTHLY HOMCEOPATHIC REVIEW ALFRED C. POPE, 1883 **Monthly Bulletin of the Health Dept. of the City of Boston** Boston (Mass.). Board of Health (1872-1914), 1921 *Monthly Bulletin of the Health Department of the City of Boston* Boston (Mass.). Health Department, 1921

Monthly Bulletin of the Department of Health in the City of New York New York (N.Y.). Department of Health, 1911 **The Monthly Service Bulletin**, 1928 ... **Transactions of the ... Annual Meeting** National Tuberculosis Association, 1919 *Scientific American Monthly* Alexander Russell Bond, 1921 *Monthly Religious Magazine* Frederic Dan Huntington, Edmund Hamilton Sears, Rufus Ellis, James William

Thompson, John Hopkins Morison, 1873 **Monthly Western Jurist** , 1875 **The Southern Journal of Homoeopathy**
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