



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

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McKel Hill



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The Nonprofit Marketing Guide Kivi Leroux Miller,2021-03-26

Grow your nonprofit with tried and tested online and offline marketing techniques In the newly revised second edition of The Nonprofit Marketing Guide CEO and founder of Nonprofit Marketing Guide LLC Kivi Leroux Miller delivers a step by step walkthrough of how to create an online and offline marketing program that will grow and scale with your organization Written with the benefit of the author s ten years of survey data from thousands of nonprofits and experience coaching hundreds of communications pros on nonprofit marketing the book offers practical and cost effective strategies you can implement immediately You ll discover How to create realistic marketing strategies and communications plans for nonprofits of any size How to build and engage of community of supporters around your organization How to create and deliver powerful messaging that inspires action Bonus templates and worksheets in an online workbook for readers Whether you have any marketing or communications experience or not The Nonprofit Marketing Guide will also earn a place in the libraries of all stakeholders in nonprofits who seek ways to help their organization grow organically

Transforming Heritage Practice in the 21st Century John H. Jameson,Sergiu Musteață,2019-06-14 Recent years have witnessed a rapid increase in the fields of cultural heritage studies and community archaeology worldwide with expanding discussions about the mechanisms and consequences of community participation This trend has brought to the forefront debates about who owns the past who has knowledge and how heritage values can be shared more effectively with communities who then ascribe meaning and value to heritage materials Globalization forces have created a need for contextualizing knowledge to address complex issues and collaboration across and beyond academic disciplines using more integrated methodologies that include the participation of non academics and increased stakeholder involvement Successful programs provide power sharing mechanisms and motivation that effect more active involvement by lay persons in archaeological fieldwork as well as interpretation and information dissemination processes Withthe contents of this volume we envision community archaeology

to go beyond descriptions of outreach and public engagement to more critical and reflexive actions and thinking The volume is presented in the context of the evolution of cultural heritage studies from the 20th century expert approach to the 21st century people centered approach with public participation and community involvement at all phases of the decision making process The volume contains contributions of 28 chapters and 59 authors covering an extensive geographical range including Africa South America Central America Western Europe Eastern Europe North America and Australasia Chapters provide exemplary cases in a growing lexicon of public archaeology where power is shared within frameworks of voluntary activism in a wide diversity of cooperative settings and stakeholder interactions

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The Compensation Handbook, Sixth Edition: A State-of-the-Art Guide to Compensation Strategy and Design Lance A. Berger,Dorothy Berger,2015-07-06 Publisher s Note Products purchased from Third Party sellers are not guaranteed by the publisher for quality authenticity or access to any online entitlements included with the product The definitive guide for HR and compensation professionals revised to help you achieve a sustainable competitive advantage for your company The theme of the sixth edition of the classic compensation guide aligns with business s number one goal today achieving a sustainable competitive advantage The Compensation Handbook shows you how to deal effectively with five strategic human capital issues innovation attracting talent and retention big data workforce changes business advantage through compensation programs *The Michigan Journal* ,2006 *The Times Index* ,2011 Indexes the Times Sunday times and magazine Times literary supplement Times educational supplement Times educational supplement Scotland and the Times higher education supplement The Ladies' Home Journal ,2009-07 **Beverage Media** ,2011-03 *Arkansas Review* ,2016 *The New Yorker* Harold Wallace Ross,William Shawn,Tina Brown,Katharine Sergeant Angell White,David Remnick,Rea Irvin,Roger Angell,2009-12 **New Statesman** ,2007 **American Journalism Review** ,2009 *Parliamentary Debates (Hansard)*. Great Britain. Parliament. House of Commons,2014 *The Walking Solution* Lee Scott,Michele Stanten,2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability **The 90-day Fitness Walking Program** Mark Fenton,Seth Bauer,1995 No exercise has swept the nation like walking It s simple it works and you ve been doing it all your life Now The 90 Day Fitness Walking Program leaves you no excuses The editors of Walking magazine take you through a day to day progressive workout that helps you strengthen your heart burn fat feel healthier and remain injury free all in 90 days Most importantly they guide you to building a safe healthy effective exercise habit that will last a lifetime Day one walk for ten minutes today tomorrow and the next day but take day four off and why Starting up fitting exercise into your day and how to talk to your doctor about beginning a program Chart your course following your progress with an easy to use training log It s the shoes choosing the right pair and why it s so important Str r r etch and strengthen simple stand up exercises for before and after your walk to keep your entire body supple and toned How am I doing how to

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