



30 DAY WALKING CHALLENGE

1 20 minute walk	2 Sunrise walk (any length)	3 25 minute walk	4 Hilly walk or stair walk (any length)	5 20 minute interval walk 1 min fast/ 1 min slow
6 Walk while listening to a podcast (any length)	7 20 minute walk	8 30 minute walk	9 Nature trail walk (any length)	10 25 minute walk ending with lunges and squats
11 30 minute walk	12 Hilly walk or stair walk (any length)	13 35 minute walk	14 Sunset walk (any length)	15 20 minute relaxed walk with stretches at the end
16 30 minute interval walk 1 min fast/ 1 min slow	17 30 minute walk	18 Walk listening to stand up comedy (any length)	19 20 minute walk	20 45 minute walk
21 Nature trail walk (any length)	22 35 minute walk ending with lunges and squats	23 Walk listening to your fav music (any length)	24 45 minute walk	25 Hilly walk or stair walk (any length)
26 20 minute relaxed walk with stretches at the end	27 60 minute walk	28 30 minute interval walk 1 min fast/ 1 min slow	29 Walk in a new location (any length)	30 5K Walk (Try a virtual race!)

Weekly Ad Walking Workout Ideas

Jianjun Gao



Weekly Ad Walking Workout Ideas:

The Top Books of the Year Weekly Ad Walking Workout Ideas The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the fascinating narratives that have enthralled audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Weekly Ad Walking Workout Ideas : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Weekly Ad Walking Workout Ideas : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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