

# 5

# TIPS TO BOOST YOUR WALKING ROUTINE



## Add Intervals

- Interval training involves short bursts of intense activity with active recovery.
- Warm-Up, Walk at Moderate Pace (2 min), Walk Faster (1 min), Set Landmark Goals, Repeat.

## Engage Your Upper Body

- Swing your arms properly.
- Consider Nordic Walking Poles for upper-body strength and flexibility.



## Utilize Varied Terrain

- Incorporate inclines, hills, nature trails, and beaches for a challenge.
- Use stairs or stadium steps for muscle activation.

## Incorporate Resistance

- Perform bodyweight exercises at a midpoint or use surroundings (benches, fence posts).
- Try an outdoor fitness circuit for variety.



## Extend Your Walk

- Choose specific destinations or vary your route.
- Walk with friends, family, or coworkers for motivation.
- Gradually increase your walking distance each day.



# Walking Workout Tips Download

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  - The Rise of Digital Reading Walking Workout Tips Download
  - Advantages of eBooks Over Traditional Books
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  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
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  - Popular eBook Platforms
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    - Minimizing Distractions
    - Managing Screen Time
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    - Carving Out Dedicated Reading Time
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    - Distinguishing Credible Sources
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    - Utilizing eBooks for Skill Development
    - Exploring Educational eBooks
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    - Integration of Multimedia Elements
    - Interactive and Gamified eBooks

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