

# 30-DAY WALKING CHALLENGE FOR BEGINNERS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	15 Min Easy Walk	10 Min Easy Walk	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 5 Min Brisk Walk
2	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	20 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 10 Min Brisk Walk
3	25 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 10 Min Brisk Walk	20 Min Easy Walk	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 15 Min Brisk Walk
4	30 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 15 Min Brisk Walk	25 Min Easy Walk	25 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 20 Min Brisk Walk
5	35 Min Easy Walk	30 Min Brisk Walk					



## Top Tips for the 30-Day Walking Challenge

- **Walk By Effort, Not Pace** - Don't worry about how fast you're going. Just focus on using effort as your guide.
- **Set a Schedule** - Routine is king. Pick a time of day to get your walking in and stick to it.
- **Plan Your Routes** - Try out new routes to keep your walks fun, motivating, and engaging.
- **Walk with a Friend** - Walking with a friend, family member, or co-worker provides motivation and companionship, and can be safer than walking alone.
- **Wear the Right Gear** - Getting a good pair of walking shoes will help ensure your feet are properly supported.
- **Stay Hydrated!**
- **Keep It Fun** - Listen to a podcast, your favorite album, or bring your dog - whatever keeps you going!

# Walking Workout Last 90 Days Open Now

**RJ Alexander**



## **Walking Workout Last 90 Days Open Now:**

**Job Training and Education for the Homeless** United States. Congress. Senate. Committee on Labor and Human Resources. Subcommittee on Employment and Productivity,1990 **The Popular Science Monthly** ,1929 **Da Minister** TC Gregory,2015-06-27 Maurice Washington also known as Re C has already transformed his life from a young street hustler to head of an outreach program when he is snatched off the street by three men in an SUV A short time later he is forced to kneel in front of a secret council and told he has been chosen to fulfill a specific task Now he must abide by their guidelines or die After he endures a grueling three day initiation with other reluctant brothers Maurice soon learns the meaning of Messenger 13that it is his job to interact with individuals facing their final walk and maybe somehow influence their fate As he is propelled into his new role Maurice finds himself in the midst of two former associates who are now lords of the city a turf war instigated by the moving power of the universe and an incident that causes havoc between the citizens and the local police department **Popular Science Monthly** ,1929 **Popular Mechanics** ,1949-10 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **Equine Sportsmedicine News** ,1987 [American Illustrated Magazine](#) ,1927 **Country Living** ,1994 **Computerworld** ,2007-03-12 For more than 40 years Computerworld has been the leading source of technology news and information for IT influencers worldwide Computerworld s award winning Web site Computerworld com twice monthly publication focused conference series and custom research form the hub of the world s largest global IT media network **The Missionary Review of the World** ,1907 [The Complete Guide to iPhone 12 Mini](#) Ian Osborne,2020-11-01 Combining style power and some great new features the iPhone 12 mini takes Apple s smartphone to a whole new level Its operating system iOS 14 also brings exciting new features and enhancements Together they make for a world beating mobile experience Over the 180 pages in this guidebook we get to the heart of the awesome iPhone 12 mini and the iOS 14 operating system bringing you guides tips and tutorials that help you get the most from your new Apple smartphone **Airman** ,2002 **Farm Journal** ,1927 **American Lumberman** ,1922 **The Spectator** ,1912 [Northwest Dairymen and Farmer](#) ,1923 **Spectator [Philadelphia]. An American Review of Insurance** ,1912 **Wisconsin Equity News** ,1908 *The American Mercury* Henry Louis Mencken,1926 *Punch* Mark Lemon, Henry Mayhew, Tom Taylor, Shirley Brooks, Francis Cowley Burnand, Owen Seaman, 1923

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