

Your Plan to **WALK MORE**

Ease into a routine. Walk slowly the first 3 weeks, and then work your way up to a brisk pace.



WEEK	MINUTES PER DAY	NUMBER OF DAYS
Week 1	10	4
Week 2	10	4
Week 3	15	5
Week 4	20	5
Week 5	30	5
Week 6	25	6
Week 7	30	5
Week 8	35	5

Walking Workout Top Store Hours

J Elliott



Walking Workout Top Store Hours:

Fitness Walking For Dummies Liz Neporent, 2011-05-04 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it s a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you can accumulate this hour over the course of a day **Fitness Walking For Dummies** is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it If you re already a walking fanatic you ll find out how to become a better fitness walker This easy to understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals choosing shoes and considering nutrition to optimize your workout **Fitness Walking For Dummies** also covers the following topics and more Warm up and cool down routines Strength training The four levels of walking Lifestyle Fitness High Energy Walk Run Weight training routines and stretches that add variety Buying and using a treadmill Age pregnancy and walking with your dog Dealing with pain and injuries Like 67 million other people in the United States who log over 201 million miles a year you want to take advantage of all of the great things a regular walking program can do for you Whether your goal is to improve your health or your appearance lose weight get stronger feel good about yourself or all of the above walking can help you get to where you want to go This book can help you do that by showing you everything you need to know about starting and maintaining a walking program

Walking for Health and Happiness William Bird, Veronica Reynolds, 2002 Packed with expert fitness advice practical information on gear and clothing needs and inspiring ideas for varying terrain this handbook leads the way to getting the most from every step 350 full color photos and illustrations *Indianapolis Monthly*, 2002-01 Indianapolis Monthly is the Circle City s essential chronicle and guide an indispensable authority on what s new and what s news Through coverage of politics crime dining style business sports and arts and entertainment each issue offers compelling narrative stories and lively urbane coverage of Indy s cultural landscape *Cruising World*, 1993-01 *Clinical Journal*, 1910 *The Clinical Journal*, 1910 *Safety & Health*, 1988 *Cincinnati Magazine*, 2001-05 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region *Dry Goods Reporter and Midwest Merchant-economist*, 1926 *Good Housekeeping Magazine*, 1890 *Sports of the Times*, 1918 *Bulletin of the National Federation of Business and Professional Women's Clubs*, 1929 **Official National Educational Association Convention Guide Book and Program** National Educational Association (U.S.), 1911 *Medical Times*, 1912 *Pacific Rural Press*, 1905 *The Pacific Rural Press and California Farmer*, 1905 **Journal of Health, Physical Education, Recreation**, 1934 *The International Confectioner*, 1928 *The Journal of Health and*

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