



21 day walking challenge

INSTALL NOW

DAY 1
START WALKING
20 minutes

DAY 2
SHORT WALK
20 minutes

DAY 3
SHORT WALK
20 minutes

DAY 4
STEP IT UP
30 minutes

DAY 5
RELAXED WALK
20 minutes

DAY 6
STEP IT UP
30 minutes

DAY 7
PUSH YOURSELF
60 minutes

DAY 8
RELAXED WALK
20 minutes

DAY 9
SHORT WALK
20 minutes

DAY 10
STEP IT UP
30 minutes

DAY 11
KEEP ON GOING
30 minutes

DAY 12
RELAXED WALK
20 minutes

DAY 13
STEP IT UP
30 minutes

DAY 14
YOU'VE GOT THIS
60 minutes

DAY 15
HALF WAY THERE
30 minutes

DAY 16
RELAXED WALK
20 minutes

DAY 17
SHORT WALK
20 minutes

DAY 18
STEP IT UP
30 minutes

DAY 19
SHORT WALK
20 minutes

DAY 20
KEEP ON GOING
30 minutes

DAY 21
SHORT WALK
20 minutes

Me.

Walking Workout This Month

National Tuberculosis Association



Walking Workout This Month:

Walk Yourself Well Nina Barough, 2025-05-13 If you thrive on hitting your daily step count this book is for you In Walk Yourself Well walking expert Nina Barough will teach you how to make the most out of every step from mastering your technique and setting your pace to walking in different climates and terrains Go that extra mile and get inspired with Nina s motivational training programs research backed tips to get the most out of every step plus inspirational walks from around the world for every level Whether you want to improve your health increase your fitness or boost your mood walking has a host of benefits with no fuss and no expensive gym membership required So lace up your shoes program your smartwatch and step into a fitter healthier you Walking the Weight Off For Dummies Erin Palinski-Wade, 2015-04-27 Get up get moving and walk away the pounds If you re looking to lose weight and get fit Walking the Weight Off For Dummies will show you just what to do to walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you ll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you ll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health Figure out the best techniques to avoid injury and achieve your specific fitness goals Dive into nutrition tips for fueling up before and after walks to maintain health Discover how you can fit walking into your life regardless of your age gender and current weight If you ve always wanted to incorporate walking into your routine to boost your health and effectively lose weight Walking the Weight Off For Dummies will show you how *The Popular Science Monthly*, 1878 *The Hahnemannian Monthly*, 1875 Popular Science Monthly, 1920 **Therapeutic Monthly**, 1902 *Harper's New Monthly Magazine* Henry Mills Alden, 1873 Harper s informs a diverse body of readers of cultural business political literary and scientific affairs Walk, Jog, Run, for Wellness Patricia A. Floyd, Janet E. Parke, 1990 THE MONTHLY HOMCEOPATHIC REVIEW ALFRED C. POPE, 1883 *Monthly Bulletin of the Health Dept. of the City of Boston* Boston (Mass.). Board of Health (1872-1914), 1921 **Monthly Bulletin of the Health Department of the City of Boston** Boston (Mass.). Health Department, 1921 *Monthly Bulletin of the Department of Health in the City of New York* New York (N.Y.). Department of Health, 1911 *The Monthly Service Bulletin*, 1928 ... **Transactions of the ... Annual Meeting** National Tuberculosis Association, 1919 Scientific American Monthly Alexander Russell Bond, 1921 **Monthly Religious Magazine** Frederic Dan Huntington, Edmund Hamilton Sears, Rufus Ellis, James William Thompson, John Hopkins

Morison,1873 *Monthly Western Jurist* ,1875 **The Southern Journal of Homoeopathy** ,1892 *Monthly Cyclopedia and Medical Bulletin* ,1910 *Harper's New Monthly Magazine* ,1873 Important American periodical dating back to 1850

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