



30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
1	1 mile	1.5 miles	1 miles	1.2 miles	1 mile	2 miles	2 miles
	25 minutes	35 minutes	25 minutes	25 minutes	20 minutes	37 minutes	40 minutes
	slow pace	25 min slow + 10 min moderate	slow pace	5 min slow + (1 min fast + 1 min slow) x 10	moderate pace	20 min moderate + 17 min fast	moderate pace
2	1 mile	2 miles	1.5 miles	1.8 miles	2 miles	2 miles	3 miles
	25 minutes	37 minutes	35 minutes	35 minutes	40 minutes	37 minutes	60 minutes
	slow pace	20 min moderate + 17 min fast	25 min slow + 10 min moderate	5 min slow + (2 min fast + 1 min slow) x 10	moderate pace	20 min moderate + 17 min fast	moderate pace
3	1.5 miles	2 miles	3 miles	2 miles	2 miles	2 miles	4 miles
	30 minutes	37 minutes	60 minutes	37 minutes	40 minutes	37 minutes	80 minutes
	moderate pace	20 min moderate + 17 min fast	moderate pace	5 min slow + (3 min fast + 1 min slow) x 8	moderate pace	20 min moderate + 17 min fast	moderate pace
4	1.5 miles	3 miles	3 miles	2 miles	3 miles	2 miles	5 miles
	30 minutes	54 minutes	60 minutes	37 minutes	60 minutes	37 minutes	100 minutes
	moderate pace	20 min mod + 34 min fast	moderate pace	5 min slow + (3 min fast + 1 min slow) x 8	moderate pace	20 min moderate + 17 min fast	moderate pace
5	1.5 miles	4 miles					
	30 minutes	74 minutes					
	moderate pace	40 min mod + 34 min fast					

Tips To Follow The 30-Day Walking Plan

1. Slow is a stroll - approx 25 minutes/mile. Use this easy pace to warm up.
2. Moderate is a normal walking pace - 20 minutes/mile. You can still talk as you walk.
3. Fast is walking at a brisk pace where you're pushing yourself - 17 minutes/mile.
4. Complete sessions in one go or split into 2.
5. Repeat a week if you find it too hard.
6. If the plan is too easy increase the intensity of your walks with intervals or hills.

Check out the full 30-Day Walking Plan (and much more) at LoveLifeBeFit.com

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Creating Communities for Active Aging ,2001 **Electrical Installation Record** ,1924 *Magnetic Rochelle*
Fox,2025-11-04 Train your mind to become a magnet for abundance and success in every area of your life Your mind is a magnet and you are the one who controls it You are a walking magnet constantly drawing things into your reality But what if the things you attract don't reflect your desires In Magnetic meditation teacher and personal growth coach Rochelle Fox guides readers through the secrets of magnetism equipping them with the ultimate law of attraction toolkit for mastering their subconscious mind and directing their attention and energy toward turning their dream life into reality starting now Readers will learn to tap into the three pillars of magnetism Mindset to calm the chaos of your past Meditation to make room for new in the present Manifesting to curate the future of your dreams and elevate your life Take the important first step toward your dream life by diving into Rochelle's revolutionary methods after all it's you who decides what happens next and the universe acts on it Hospital Progress ,1921 The Pall Mall Budget ,1886 **The Healthy Workplace** William M. Kizer,1987 What will a wellness program do to a company's bottom line This practical guide explains how a company large or small can implement a worksite wellness program that can benefit both the company and the community It answers the tough questions that business leaders ask about worksite wellness how to make a return on investment in wellness how to minimize risks what to make of the legal aspects and tax implications and how wellness prepares the work force for the ups and downs of doing business in America The book also looks at the insurance industry's role in promoting the spread of wellness programs A business plan is provided for health promotion at work specific guidelines for programs on smoking cessation alcohol abuse nutrition and exercise are discussed as well as information on community wellness councils

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challenges or roadblocks that may arise An appendix contains resources you can adapt to get these programs off the ground including waivers of liability memoranda of understanding and examples of strategic plans and assessment tools **The Video Source Book** David J. WEINER,1990 *Bowker's Complete Video Directory 2001* ,2001 **Better Homes and Gardens** ,1936 Sunset ,1990 **Michigan Farmer and State Journal of Agriculture** ,1919 *Bottom Line, Personal* ,2000 New York ,1999-06 **Chilton's Distribution** ,1989

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