

# YOUR 4-WEEK WALKING PLAN

Kickstart a walking habit and get fit in one month

<b>WEEK 1</b>	<b>MON</b> Walk <b>5</b> minutes	<b>TUES</b> Rest	<b>WED</b> Walk <b>10</b> minutes	<b>THUR</b> Rest	<b>FRI</b> Walk <b>15</b> minutes	<b>SAT</b> Rest	<b>SUN</b> Walk <b>5</b> minutes
<b>WEEK 2</b>	<b>MON</b> Walk <b>10</b> minutes	<b>TUES</b> Rest	<b>WED</b> Walk <b>20</b> minutes	<b>THUR</b> Recovery	<b>FRI</b> Walk <b>15</b> minutes	<b>SAT</b> Rest	<b>SUN</b> Walk <b>10</b> minutes
<b>WEEK 3</b>	<b>MON</b> Walk <b>25</b> minutes	<b>TUES</b> Rest	<b>WED</b> Walk <b>10</b> minutes	<b>THUR</b> Recovery	<b>FRI</b> Walk <b>25</b> minutes	<b>SAT</b> Rest	<b>SUN</b> Walk <b>10</b> minutes
<b>WEEK 4</b>	<b>MON</b> Rest	<b>TUES</b> Walk <b>15</b> minutes	<b>WED</b> Recovery	<b>THUR</b> Walk <b>15</b> minutes	<b>FRI</b> Rest	<b>SAT</b> Walk <b>30</b> minutes	<b>SUN</b> Rest

## WARM-UP AND RECOVERY EXERCISES:



Standing  
Knee Pull



Standing  
Quad Pull



Hamstring  
Scoop



Runner's  
Calf Stretch

# Walking Workout This Month Sign In

**Wenbin Ji**



## **Walking Workout This Month Sign In:**

Walk Your Butt Off! Sarah Lorge Butler, 2013-02-26 Offers a simple walking program that can be completed in thirty minutes a day and will increase weight loss help break plateaus and accelerate fitness levels **Walk Your Butt Off! (Enhanced Edition)** Sarah Lorge Butler, Leslie Bonci, Michele Stanten, 2013-02-26 The enhanced edition of Prevention's practical walking program features exclusive video content including exercises to take readers from flabby to fit in 12 weeks This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster Developed by former Prevention fitness director and walking expert Michele Stanten Walk Your Butt Off will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day And at no more than 30 minutes each these daily walks can fit into even the busiest schedule Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci this easy step by step guide to permanent weight loss is suitable for everyone **Walking the Weight Off For Dummies** Erin Palinski-Wade, 2015-04-15 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

**Bureau of Correspondence and Information Pamphlet** Texas State Tuberculosis Sanatorium, 1919 Dr. Chase's Recipes Or, Information for Everybody Alvin Wood Chase, 1902 **The Lancet**, 1876 **Monthly Bulletin** Indiana State Board of Health, 1914 **Pennsylvania Medical Journal (1897-1923)**, 1918 *Disease-a-month*, 1954 **The Harvard Monthly**, 1899 **Demorest's Monthly Magazine**, 1885 **Harper's New Monthly Magazine**, 1878 **Harper's New Monthly Magazine** Henry Mills Alden, 1896 Harper's informs a diverse body of readers of cultural business political

literary and scientific affairs    **American Monthly Review of Reviews** ,1891    **The St. Louis Medical Review** ,1911  
    *The American Monthly Review of Reviews* ,1902    **The Cyclopedia of Medicine** George Morris Piersol,Edward LeRoy  
Bortz,1934    Michigan Monthly Bulletin of Vital Statistics Michigan. State Board of Health,1904    *Training School*  
*Bulletin* General Assembly's Training School for Lay Workers (Richmond, Va.),1916    **Physical Training** ,1903

## **Walking Workout This Month Sign In** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has been evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Walking Workout This Month Sign In**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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