

5

TIPS TO BOOST YOUR WALKING ROUTINE



Add Intervals

- Interval training involves short bursts of intense activity with active recovery.
- Warm-Up, Walk at Moderate Pace (2 min), Walk Faster (1 min), Set Landmark Goals, Repeat.

Engage Your Upper Body

- Swing your arms properly.
- Consider Nordic Walking Poles for upper-body strength and flexibility.



Utilize Varied Terrain

- Incorporate inclines, hills, nature trails, and beaches for a challenge.
- Use stairs or stadium steps for muscle activation.

Incorporate Resistance

- Perform bodyweight exercises at a midpoint or use surroundings (benches, fence posts).
- Try an outdoor fitness circuit for variety.



Extend Your Walk

- Choose specific destinations or vary your route.
- Walk with friends, family, or coworkers for motivation.
- Gradually increase your walking distance each day.



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**Patrick M. Malone, Meghan J.
Malone, Benjamin A. Witt, David M.
Peterson**

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 - The Rise of Digital Reading Walking Workout Tips Download
 - Advantages of eBooks Over Traditional Books
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 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in a Walking Workout Tips Download
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Tips Download
 - Personalized Recommendations
 - Walking Workout Tips Download User Reviews and Ratings
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 - Carving Out Dedicated Reading Time
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 - Fact-Checking eBook Content of Walking Workout Tips Download
 - Distinguishing Credible Sources
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 - Exploring Educational eBooks
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- Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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