

30-DAY WALKING CHALLENGE FOR BEGINNERS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	15 Min Easy Walk	10 Min Easy Walk	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 5 Min Brisk Walk
2	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	20 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 10 Min Brisk Walk
3	25 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 10 Min Brisk Walk	20 Min Easy Walk	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 15 Min Brisk Walk
4	30 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 15 Min Brisk Walk	25 Min Easy Walk	25 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 20 Min Brisk Walk
5	35 Min Easy Walk	30 Min Brisk Walk					



Top Tips for the 30-Day Walking Challenge

- **Walk By Effort, Not Pace** - Don't worry about how fast you're going. Just focus on using effort as your guide.
- **Set a Schedule** - Routine is king. Pick a time of day to get your walking in and stick to it.
- **Plan Your Routes** - Try out new routes to keep your walks fun, motivating, and engaging.
- **Walk with a Friend** - Walking with a friend, family member, or co-worker provides motivation and companionship, and can be safer than walking alone.
- **Wear the Right Gear** - Getting a good pair of walking shoes will help ensure your feet are properly supported.
- **Stay Hydrated!**
- **Keep It Fun** - Listen to a podcast, your favorite album, or bring your dog - whatever keeps you going!

Max Streaming Walking Workout Last 90 Days

Jessica J Manson



Max Streaming Walking Workout Last 90 Days:

Whispering the Strategies of Language: An Psychological Journey through **Max Streaming Walking Workout Last 90 Days**

In a digitally-driven world wherever monitors reign great and immediate transmission drowns out the subtleties of language, the profound secrets and psychological subtleties hidden within phrases usually go unheard. Yet, set within the pages of **Max Streaming Walking Workout Last 90 Days** a captivating literary value pulsing with raw feelings, lies an extraordinary journey waiting to be undertaken. Penned by a skilled wordsmith, this marvelous opus invites viewers on an introspective journey, lightly unraveling the veiled truths and profound influence resonating within the fabric of each and every word. Within the emotional depths of the moving evaluation, we shall embark upon a heartfelt exploration of the book is key themes, dissect its charming publishing type, and fail to the powerful resonance it evokes heavy within the recesses of readers hearts.

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