

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!

Walking Workout Team Roster Price

Jason Brown

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Kiplinger's Personal Finance ,1987-09 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics The Kennel Club Calendar and Stud Book ,1878 *Executive's Cybersecurity Program Handbook* Jason Brown,2023-02-24 Develop strategic plans for building cybersecurity programs and prepare your organization for compliance investigations and audits Key FeaturesGet started as a cybersecurity executive and design an infallible security programPerform assessments and build a strong risk management frameworkPromote the importance of security within the organization through awareness and training sessionsBook Description Ransomware phishing and data breaches are major concerns affecting all organizations as a new cyber threat seems to emerge every day making it paramount to protect the security of your organization and be prepared for potential cyberattacks This book will ensure that you can build a reliable cybersecurity framework to keep your organization safe from cyberattacks This Executive s Cybersecurity Program Handbook explains the importance of executive buy in mission and vision statement of the main pillars of security program governance defence people and innovation You ll explore the different types of cybersecurity frameworks how they differ from one another and how to pick the right framework to minimize cyber risk As you advance you ll perform an assessment against the NIST Cybersecurity Framework which will help you evaluate threats to your organization by identifying both internal and external vulnerabilities Toward the end you ll learn the importance of standard cybersecurity policies along with concepts of governance risk and compliance and become well equipped to build an effective incident response team By the end of this book you ll have gained a thorough understanding of how to build your security program from scratch as well as the importance of implementing administrative and technical security controls What you will learnExplore various cybersecurity frameworks such as NIST and ISOImplement industry standard cybersecurity policies and procedures effectively to minimize the risk of cyberattacksFind out how to hire the right talent for building a sound cybersecurity team structureUnderstand the difference between security awareness and trainingExplore the zero trust concept and various firewalls to secure your environmentHarden your operating system and server to enhance the securityPerform scans to detect vulnerabilities in softwareWho this book is for This book is for you if you are a newly appointed security team manager director or C suite executive who is in the transition stage or new to the information security field and willing to empower yourself with the required knowledge As a Cybersecurity professional you can use this book to deepen your knowledge and understand your organization s overall security posture Basic knowledge of information security or governance risk and compliance is required **The Publishers' Trade List Annual** ,1878 Structured Exercises in Wellness Promotion Nancy Loving Tubesing,Donald A. Tubesing,1988-05 A training resource for educators and group leaders containing structured exercises in wellness promotion The user can mix and match the exercises to create workshops for a groups of any size Winning a US College Sports

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