

INCLINE WALKING TREADMILL WORKOUT

DESIGNED FOR COMPLETE BEGINNERS



MINUTE	SPEED (MPH)	INCLINE	EFFORT
0-3	2.5	1%	Warm Up
4-5	3	4%	Ease into the climb
5-6	3.5	5%	Start to push
6-7	4	5%	Ramp it up
7-8	4	6%	Push hard
8-9	4	7%	Hang in there
9-10	4.5	8%	Tough it out
10-11	3.5	5%	Ease off
11-12	4	7%	Climb again
12-13	4.5	8%	One final push
13-14	4	6%	Nearly over
14-15	3	1%	Cool down

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Walking John Stanton,2009-09-01 Walking is something

most of us do every day but we should be doing more of it 63% of Canadians aren't getting the recommended amount of daily exercise and it's adding up heart disease obesity and high blood pressure are all on the rise But something as simple as taking a few extra steps a day can make a huge difference moving more leads to more energy improved sleep quality and better heart health And John Stanton knows how to get people moving As the founder and president of Walking Running Room North America's largest chain of special stores for walkers and runners he has inspired people across the nation to develop healthier lifestyles one step at a time Walking A Complete Guide to Walking for Fitness Health and Weight Loss is the perfect companion for your own journey to good health With three program categories to fit every type of activity level from non walkers to avid walkers there is a program in here for you In this comprehensive guide you'll learn how to Set realistic goals Design your own training program Find the level of walking that's right for you Choose the best shoes and walking wear for your needs Prevent and treat common injuries Enhance your walking with optimum nutrition Let John Stanton show you the way to a healthier happier lifestyle one step at a time

Prevention ,2007-04 Prevention magazine provides smart ways to live well with info and tips from experts on weight loss fitness nutrition recipes anti aging diets

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Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton,2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit

The Sugar Solution Editors of Prevention,Ann Fittante,2006-09-19 An easy to follow drug free program that can bring blood sugar into balance in just one month As many as 16 million Americans are living with high normal blood sugar They aren t diabetic but they are experiencing symptoms including weight gain fatigue depression and poor concentration that are undermining their quality of life Left unchecked these symptoms could lead to more serious medical conditions such as heart disease cancer and diabetes Drawing on the very latest medical science The Sugar Solution helps readers determine whether they re at risk for blood sugar problems and shows them how to rein in their blood sugar levels without drugs or injections The exclusive 30 day lifestyle makeover guides them every step of the way with complete daily menus exercise strategies and stress reduction techniques Pounds will melt away energy will soar and mental sharpness will return as blood sugar stabilizes

Prevention Magazine's the Sugar Solution Rosemary Ellis,2006-01-01

The Complete Idiot's Guide to Diabetes, 2nd Edition Debra L Gordon,Mayer B. Davidson, M.D.,2009-01-06 The answers to an epidemic now updated The millions of people diagnosed with diabetes can learn how to live a healthy normal life with this guide It teaches readers how to explore all of the available treatments monitor and manage blood glucose levels recognize warning signs of low blood sugar buy use and store insulin make new diet and lifestyle choices incorporate daily exercise and avoid long and short term complications Includes the first ever released American Diabetes Association official dietary Guidelines Updated content on new medications and monitors More information for those who have become insulin resistant or have pre diabetes

Time ,2007 I Quit Sugar for Life Sarah Wilson,2014-05-08 Quitting sugar is not a diet Quitting sugar is a way of living without processed food and eating like our great grandparents used to With her internationally bestselling book I Quit Sugar Sarah Wilson helped tens of thousands of people around the world to kick the habit In I Quit Sugar for Life Sarah shows you how to be sugar free for ever Drawing on extensive research and her own tried and tested methods Sarah has designed a programme to help families and individuals banish cravings by eating good fats and protein

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