

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!

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Machine Learning and Knowledge Discovery in Databases Toon Calders, Floriana Esposito, Eyke Hüllermeier, Rosa Meo, 2014-09-01 This three volume set LNAI 8724, 8725 and 8726 constitutes the refereed proceedings of the European Conference on Machine Learning and Knowledge Discovery in Databases (ECML PKDD 2014) held in Nancy, France in September 2014. The 115 revised research papers presented together with 13 demo track papers, 10 nectar track papers, 8 PhD track papers and 9 invited talks were carefully reviewed and selected from 550 submissions. The papers cover the latest high quality interdisciplinary research results in all areas related to machine learning and knowledge discovery in databases.

The Programme Jessie Pavelka, 2016-05-10 GET IN THE BEST SHAPE OF YOUR LIFE In *The Programme* Jessie Pavelka, popular fitness expert and star trainer of *The Biggest Loser*, delivers a practical guide for being healthy, living well and losing weight based on four essential building blocks. Jessie has found to be key to lasting success with countless clients: EAT (flavourful and healthy recipes using basic common ingredients that are high protein and low in sugar and carbs), SWEAT (a high intensity interval training programme and morning workouts that yield quick results), THINK (easy to use exercises that combine elements of yoga, biometrics and mindfulness) and CONNECT (the book will help you build the strong relationships you need to foster a healthier life). Readers will be able to share their progress and struggles with an online community that will launch with the book. Jessie also provides a maintenance plan that readers can use to ensure their results last. *The Programme* is a positive, sane way to lose weight and achieve good health by making small changes, finding balance and ultimately getting back to basics.

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