

BEGINNERS
**21-DAY
WALKING PLAN
FOR WEIGHT LOSS**

WEEK 1: DURATION

1	2	3	4	5	6	7
10 minutes EASY PACE	12 minutes EASY PACE	15 minutes EASY PACE	18 minutes EASY PACE	20 minutes EASY PACE 10 minutes AM/PM	22 minutes EASY PACE 11 minutes AM/PM	25 minutes EASY PACE 13/12 minutes AM/PM

WEEK 2: PACE

8	9	10	11	12	13	14
14 minutes total 2 min EASY 10 min MODERATE 2 min EASY	16 minutes MODERATE PACE	18 minutes total 2 min EASY 6 min MODERATE 2 min FAST 6 min MODERATE 2 min EASY	20 minutes MODERATE PACE	22 minutes total 4 min EASY 14 min FAST 4 min EASY	25 minutes MODERATE PACE	27 minutes total 2 min EASY 3 min MODERATE 17 min FAST 3 min MODERATE 2 min EASY

WEEK 3: RESISTANCE

15	16	17	18	19	20	21
15 minutes UPHILL	25 minutes MODERATE PACE	20 minutes total 17 min UPHILL 3 min FLAT / EASY	23 minutes MODERATE PACE	27 minutes total 20 min UPHILL 7 min FLAT / EASY	30 minutes MODERATE PACE	33 minutes total 25 min FAST 8 min EASY

Weight Loss Plan Guide Customer Service

G Orfield

Weight Loss Plan Guide Customer Service:

Weight Loss Plan Guide Customer Service Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has been evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Weight Loss Plan Guide Customer Service**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall affect readers.

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