

5

TIPS TO BOOST YOUR WALKING ROUTINE



Add Intervals

- Interval training involves short bursts of intense activity with active recovery.
- Warm-Up, Walk at Moderate Pace (2 min), Walk Faster (1 min), Set Landmark Goals, Repeat.

Engage Your Upper Body

- Swing your arms properly.
- Consider Nordic Walking Poles for upper-body strength and flexibility.



Utilize Varied Terrain

- Incorporate inclines, hills, nature trails, and beaches for a challenge.
- Use stairs or stadium steps for muscle activation.

Incorporate Resistance

- Perform bodyweight exercises at a midpoint or use surroundings (benches, fence posts).
- Try an outdoor fitness circuit for variety.



Extend Your Walk

- Choose specific destinations or vary your route.
- Walk with friends, family, or coworkers for motivation.
- Gradually increase your walking distance each day.



Walking Workout Tips Setup

Carin A. Smith

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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101 Training Tips for Your Cat Carin A. Smith, 1994 Alphabetically arranged entries explain techniques that can be used to help cats overcome a variety of common behavior problems

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

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Healthy Living Tips for Dummies Tamara Shelline Castleman, 2000

The Mademoiselle Shape-Up Book Ann Scharffenberger, Crown, 1988-12

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