



28 Day Walking Challenge For Beginners



	MON	TUE	WED	THUR	FRI	SAT	SUN
1	1 mile 25 minutes slow pace	1.5 miles 35 minutes 25 min slow + 10 min moderate	1.5 miles 30 minutes moderate pace	2 miles 45 minutes 25 min slow + 20 min moderate	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace
	2 miles 40 minutes moderate pace	3 miles 57 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace	3 miles 51 minutes fast pace	2 miles 40 minutes moderate pace	3 miles 57 minutes 40 min mod + 17 min fast	4 miles 80 minutes moderate pace
	2 miles 40 minutes moderate pace	3 miles 57 minutes 40 min mod + 17 min fast	4 miles 80 minutes moderate pace	4 miles 68 minutes fast pace	2 miles 40 minutes moderate pace	4 miles 74 minutes 40 min mod + 34 min fast	5 miles 100 minutes moderate pace
	2 miles 40 minutes moderate pace	4 miles 74 minutes 40 min mod + 34 min fast	5 miles 100 minutes moderate pace	5 miles 85 minutes fast pace	3 miles 60 minutes moderate pace	5 miles 91 minutes 40 min mod + 51 min fast	6 miles 120 minutes moderate pace

Tips To Follow The 28-Day Walking Plan

1. Slow is a stroll - approx 25 minutes/mile. Use this easy pace to warm up.
2. Moderate is a normal walking pace - 20 minutes/mile. You can still talk as you walk.
3. Fast is walking at a brisk pace where you're pushing yourself - 17 minutes/mile.
4. Complete sessions in one go or split into 2.
5. Repeat a week if you find it too hard.
6. If the plan is too easy increase the intensity of your walks with intervals or hills.

Check out the full 28-Day Walking Plan (and much more) at: LoveLifeBeFit.com

Walking Workout Best Buy This Week

Erin Palinski-Wade

Walking Workout Best Buy This Week:

The Wellspring Weight Loss Plan Daniel S. Kirschenbaum,2011-03-01 The Wellspring Weight Loss Plan outlines the weight loss program of the same name that has helped thousands of teens lose weight and find happiness This plan is built on three principles science simplicity and sustainability and follows the 3 1 8 plan 3 Simple Behavioral Goals eat as little fat as possible walk at least 10 000 steps per day and write down your eating and activities 1 Challenging Mission to develop a healthy obsession 8 Steps to Developing a Healthy Obsession Make the Decision Know the Enemy Your Biology Eat to Lose Find Lovable Foods that Love You Back Move to Lose Self Monitor and Plan Consistently Understand and Manage Stress With and Without Food and Use Slump Busters to Overcome Slumps Hundreds of news and television stories around the world have followed the development of Wellspring s programs starting with two camps in the summer of 2004 and expanding to 12 programs in the summer of 2010 From Wellspring Camps to Wellspring Academies the world s first boarding schools for overweight teenagers to Wellspring Vacations and Retreats eight day programs for adults Wellspring participants learn to master the 3 1 8 approach described in The Wellspring Weight Loss Plan Find out why this program works and use it to transform the lives of teens you know

Physical Activity and Health Adrianne E. Hardman,David J.

Stensel,2009-05-07 Physical Activity and Health explains clearly systematically and in detail the relationships between physical activity health and disease and examines the benefits of exercise in the prevention and treatment of a wide range of important conditions Now in a fully updated and revised edition and still the most complete and engaging textbook on this important subject Physical Activity and Health offers a balanced examination of the very latest evidence linking levels of physical activity with disease and mortality It offers a wide ranging assessment of the importance of inactivity as a factor in major diseases and health conditions such as cardiovascular disease diabetes obesity cancer and osteoporosis The book is designed to help the reader evaluate the quality and significance of the scientific evidence and includes an invaluable discussion of common study designs and the inherent difficulties of measuring physical activity It also explores the full range of contemporary themes in the study of exercise and health such as the hazards of exercise exercise and the elderly children s health and exercise physical activity and public health policy and a critical appraisal of current recommendations for physical activity Containing useful features throughout such as chapter summaries study tasks guides to supplementary reading and definitions of key terms and richly illustrated with supporting tables figures and plates Physical Activity and Health is an essential course text Now supported by a companion website featuring self test questions PowerPoint slides for lecturers additional learning activities and web links this book is vital reading for degree level students of sport and exercise science public health physical therapy medicine and nursing Visit the companion website for Physical Activity and Health at www.routledge.com/textbooks/9780415421980

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

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