



28 Day Walking Challenge For Beginners

1

MON	TUE	WED	THUR	FRI	SAT	SUN
1 mile	1.5 miles	1.5 miles	2 miles	2 mile	2 miles	3 miles
25 minutes	35 minutes	30 minutes	45 minutes	40 minutes	37 minutes	60 minutes
slow pace	25 min slow + 10 min moderate	moderate pace	25 min slow + 20 min moderate	moderate pace	20 min moderate + 17 min fast	moderate pace

2

MON	TUE	WED	THUR	FRI	SAT	SUN
1 mile	2 miles	3 miles	3 miles	2 miles	3 miles	4 miles
20 minutes	37 minutes	60 minutes	51 minutes	40 minutes	57 minutes	80 minutes
moderate pace	20 min moderate + 17 min fast	moderate pace	fast pace	moderate pace	40 min mod + 17 min fast	moderate pace

3

MON	TUE	WED	THUR	FRI	SAT	SUN
2 mile	3 miles	4 miles	4 miles	2 miles	4 miles	5 miles
40 minutes	57 minutes	80 minutes	68 minutes	40 minutes	74 minutes	100 minutes
moderate pace	40 min mod + 17 min fast	moderate pace	fast pace	moderate pace	40 min mod + 34 min fast	moderate pace

4

MON	TUE	WED	THUR	FRI	SAT	SUN
2 mile	4 miles	5 miles	5 miles	3 miles	5 miles	6 miles
40 minutes	74 minutes	100 minutes	85 minutes	60 minutes	91 minutes	120 minutes
moderate pace	40 min mod + 34 min fast	moderate pace	fast pace	moderate pace	40 min mod + 51 min fast	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

Target Walking Workout Guide

**Michele Kettles, Colette L. Cole, Brenda
S. Wright**



Target Walking Workout Guide:

Women's Health and Fitness Guide Michele Kettles, Colette L. Cole, Brenda S. Wright, 2006 Examining the benefits of exercise for women from osteoporosis prevention to reducing the risk of cardiovascular disease this book reviews the physiological fitness differences between men and women It also helps women to tailor an exercise programme to their stage in life adolescence pre menopause menopause post menopause and ageing The Woman's Day Guide to Lasting Weight Loss Kathy Keenan Isoldi, 2006-11 Created by registered dietician Kathy Keenan Isoldi and the editors of Woman s Day this is an expanded version of the most popular and successful weight loss plan that Woman s Day has ever published The 10 easy steps will give you all the knowledge and tools you need to achieve your weight loss goals and maintain them Women face unique challenges while trying to achieve a healthier weight and lifestyle Whether you re trying to get back to your pre pregnancy weight or shed those pesky last 10 pounds you ll find support and guidance within the pages of this book The Woman s Day Guide to Lasting Weight Loss offers a friendly plan that you can incorporate into your busy life Practical tips and trouble shooting charts will help you navigate around the many obstacles women face while trying to eat healthier increase physical activity and improve health Nutrient packed easy to prepare recipes daily menu plans worksheets and best food choice lists will help you set yourself up for success Follow the 10 steps outlined in the book and explore how wonderful it feels to eat well lose weight improve your energy level and feel great everyday **Facts About-- Exercise** ,1987 Big Book of Self-Reliant Living Walter Szykitka, 2009-10-14 Rural homesteaders and urban apartment dwellers alike will find a mother lode of practical information packed into this completely revised and updated edition of the ultimate how to handbook for all generations A selective compendium of public domain documents it brings together in one volume a wealth of knowledge and useful instruction on just about every imaginable aspect of self sufficiency from building a dwelling and growing food to raising children using tools of all kinds and yes getting more mileage out of your car Readers will learn how to build a greenhouse administer first aid stock an emergency shelter survive in the wilderness at sea and in the city plant buy farmland grow plants indoors and out read architect s drawings care for household pets repair clothing hunt trap and fish repair a screen or leaking faucet butcher and store big game kill relieve allergy symptoms control insects stay safe during storms and floods can and freeze fruits and vegetables take your own blood pressure and much much more Praise for a previous edition How we have survived this long without this book I don t know The concept is brilliant and simple If we had lived in a rural community a century ago much of the knowledge gathered here would have been in our bones Harper s

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walking program and be with you every step of the way In this Complete Idiot's Guide you get Simple steps to figure out your waist to hip ratio and fitness level Easy ways to stay motivated and energetic Time saving tips on incorporating walking workouts into your busy life Expert advice on how walking helps you age gracefully **Medical and Health Guide for People Over Fifty** Dartmouth Institute for Better Health,1986 **Empowering Health Decisions** Jerrold S. Greenberg,2014 Empowering Health Decisions offers a personal health text focused on essential content for students to assist them in making informed decisions about their health This text is unique from other personal texts on the market in that it focuses on decision making models and theories of behavior change These models are carried throughout each chapter and will describe how it can be used to make health enhancing decisions specific to the chapter content A key element of the text is the Health Decision Portfolio which will help students maintain their assignments text book exercises and website content The benefit of this portfolio is that it summarizes the student's interaction with course content and encourages the student to identify ways to lead a healthy lifestyle Key features of this first edition include Decision making models and theories of behavior change Chapter exercises designed to reinforce the decision making model Staple theories of behavior change such as Stages of Change Theory Social Learning Theory Health Belief Model and Theory of Reasoned Action Health Decision portfolio summarizes the course content and the student's interaction with content Resources Navigate Learn Course Companion website **Bulletin** ,1991-07 **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 **Walk Alert: National Pedestrian Safety Program: 1989 Program Guide** Fred N. Ranck,National Safety Council,1989 **Walking for Fitness** Lon H. Seiger,James L. Hesson,1990 Walking for Fitness the first college level walking text is an appealing value priced book basic to beginners that emphasizes safety and personal fitness **The Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton,2007 American Heart Association Guide to Heart Attack American Heart Association,1998 Presents information on the treatment recovery and prevention of heart attack discussing the warning signs the causes and health consequences of an attack and the steps that can be taken to prevent a repeat episode **Complete Guide to Figure Shaping S** Charles T. Kuntzleman,1983-11 **YMCA Walk Reebok Instructor's Manual** ,1996 **Bulletin - Holmes Safety Association** Holmes Safety Association,1991 American Heart Association's Your Heart, an Owner's Manual American Heart Association,1995 The American Heart Association the country's preeminent institution for information about cardiovascular health has produced the definitive book on caring for the heart This interactive prevention oriented owner's manual for the heart provides personalized care and maintenance programs all backed by the expertise of the AHA that reflect the way people really live today The American Heart Association's Your Heart An Owner's Manual will help you develop a personalized life plan that integrates nutrition exercise and lifestyle factors into one comprehensive program for enhanced

heart health It will help you set realistic goals make informed eating choices and determine what risk factors are endangering your life and what you can do to reduce them **Y's Way to Fitness Walking** June Irene Decker,Georgia Orcutt,Patricia Sammann,1989 Community-based Nursing Melanie McEwen,1998 This straightforward practical resource focuses on health promotion and illness prevention while also addressing the nursing care of persons with routine and chronic conditions discusses the factors that affect health and health care delivery including epidemiology environmental health issues and cultural influences examines the unique community based nursing needs of specific client populations such as women infants and children and the elderly clients with HIV Infection and AIDS and clients with mental health conditions provides practical tools for use in all areas of community health from assessment and screening recommendations to detailed information on health teaching and suggestions for improving nursing care emphasizes Healthy People 2000 objectives and strategies throughout and lists resources within each chapter that provide contact information for important agencies and institutions **Exercise in Health and Disease** Michael L. Pollock,Jack H. Wilmore,Samuel Mickle Fox,1984

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