

INDOOR FAT BURNING WALKING WORKOUT

Walk on the Spot 60s



Exaggerated arm swing + Walk on the Spot 30s



In In Out Out Step 30s



High Knees 30s



Kick Outs 30s



Butt Kicks 60s



Jog on Spot 60s



Shoulder Tap + Reach 30s



Side Punch Bounce 30s



Tap Tap 30s
Punch Punch



Floor Tap to Reach 30s



Back Stroke 60s



Side Reach 60s



Side 30s
Crunches



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David Sandles,2025-10-15 The Black Male Educator Guide to Thriving aims to advise Black male educators in various areas of their professional responsibilities Full of practical tips case studies and real world examples the book is a versatile resource designed to educate inspire and entertain **Eat, Drink, and Weigh Less** Mollie Katzen,2013-06-18 From the dream team of Dr Walter C Willett bestselling author of Eat Drink and Be Healthy and Mollie Katzen author of the four million copy bestselling Moosewood Cookbook comes a new approach to weight loss Eat Drink and Weigh Less offers a medically sound extremely effective program that shows people how they can lose weight by adding delicious food to their diet and making simple changes in what they eat throughout the day It's flexible and adaptable and it really works It features a powerful way to chart your progress called the Body Score The more you raise your Body Score the more you will lower your weight A quiz at the beginning of the book helps readers determine their Body Score the chapters that follow explain easy dietary and behavioral steps readers can take to improve their scores While the concept is simple the science behind it is not It represents years of top research conducted by Dr Walter C Willett the head of Harvard School of Public Health's Department of Nutrition including the famous Nurses Health Study This study scored each of its over 84 000 participants on food choices exercise schedule and body mass resulting in a number that accurately determined the nurses risk of heart disease Now for the first time Dr Willett has teamed up with mega bestselling cookbook author Mollie Katzen to adapt a similar much easier scoring system to create a user friendly diet plan with fail safe results If you can raise your score you will lower your weight all while eating delicious easy to prepare foods

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