

# THE 30 DAYS of Walking

WORKOUT CHALLENGE



Follow the plan below and share your progress - #JustWalk



DAY 1 <b>START WALKING</b> 20 minutes	DAY 2 <b>SHORT WALK</b> 20 minutes	DAY 3 <b>SHORT WALK</b> 20 minutes	DAY 4 <b>STEP IT UP</b> 30 minutes	DAY 5 <b>RELAXED WALK</b> 20 minutes
DAY 6 <b>STEP IT UP</b> 30 minutes	DAY 7 <b>PUSH YOURSELF</b> 60 minutes	DAY 8 <b>RELAXED WALK</b> 20 minutes	DAY 9 <b>SHORT WALK</b> 20 minutes	DAY 10 <b>STEP IT UP</b> 30 minutes
DAY 11 <b>KEEP ON GOING</b> 30 minutes	DAY 12 <b>RELAXED WALK</b> 20 minutes	DAY 13 <b>STEP IT UP</b> 30 minutes	DAY 14 <b>YOU'VE GOT THIS</b> 60 minutes	DAY 15 <b>HALF WAY THERE</b> 30 minutes

Now it's time to make it more interesting. Challenge yourself to increase your distance each day. You could also walk with a friend for extra enjoyment and motivation.

DAY 16 <b>RELAXED WALK</b> 20 minutes	DAY 17 <b>SHORT WALK</b> 20 minutes	DAY 18 <b>STEP IT UP</b> 30 minutes	DAY 19 <b>SHORT WALK</b> 20 minutes	DAY 20 <b>KEEP ON GOING</b> 30 minutes
DAY 21 <b>SHORT WALK</b> 20 minutes	DAY 22 <b>STEP IT UP</b> 30 minutes	DAY 23 <b>SHORT WALK</b> 20 minutes	DAY 24 <b>SHORT WALK</b> 20 minutes	DAY 25 <b>PUSH YOURSELF</b> 60 minutes
DAY 26 <b>SHORT WALK</b> 20 minutes	DAY 27 <b>KEEP ON GOING</b> 30 minutes	DAY 28 <b>YOU'VE GOT THIS</b> 60 minutes	DAY 29 <b>ALMOST THERE</b> 20 minutes	DAY 30 <b>YOU DID IT!</b> 20 minutes

# Walking Workout Promo Code Price

**Victor M. Corman**

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**The Rotarian: June 2015 ,** *The Unofficial Guide to Universal Orlando* Seth Kubersky,2015-07-20 Compiled and written by a former Universal Orlando employee and based upon decades of research from a team whose work has been cited by such diverse sources as USA Today and Operations Research Forum The Unofficial Guide to Universal Orlando is packed with detailed specific information on every ride show and restaurant in the resort including insider insight on Harry Potter's Hogsmeade and Diagon Alley attractions Step by step detailed touring plans allow you to make the most of every minute and dollar during your Universal Orlando vacation Where to find the cheapest Universal Orlando admission tickets how to save big on Universal on site hotel rooms and skip the regular lines in the parks when to visit Universal Orlando for the lightest crowds and everything else you need to know for a stress free Universal Orlando experience

*Texas Parks & Wildlife*,2015-07 **The Rotarian: July 2014 ,** Food & Wine,2008-07 Federal Register,2013-09 **Insights in Public**

**Health Education and Promotion: 2021** Marcelo Demarzo,2022-11-14 **Runner's World**,1995 *The Video Source Book* David J. WEINER,1990 *Inside Flyer*,2008 **Ski**,2002-10 **The Postal Supervisor**,1991 Ski,2005-11

**Ad \$ Summary**,1991 Advertising expenditure data across ten media consumer magazines Sunday magazines newspapers outdoor network television spot television syndicated television cable television network radio and national spot radio Lists brands alphabetically and shows total ten media expenditures media used parent company and PIB classification for each brand Also included in this report are industry class totals and rankings of the top 100 companies of the ten media

**Body & Soul**,2005 **PC World**,2008 **Behavior & Society**,1984 **Business Travel News**,1991 **Mobil Travel Guide California and the West** Mobil,1987-03 AAA TourBook: Southern California & Las Vegas,2005

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