

# 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

**Pat Miller**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the Pat Miller text bar.

## **Walking Workout Tips Setup:**

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spread covers a single technique sure to help you get up and running on Apple Watch in no time

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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

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[The Complete Guide to Walking for Health, Weight Loss, and Fitness](#) Mark Fenton, 2007

**Healthy Living Tips for Dummies** Tamara Shelline Castleman, 2000

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

**Apple Watch and iPhone Fitness Tips and Tricks (includes Content Update Program)** Jason R. Rich, 2015-09-09 Book Content Update Program

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**The Power of Positive Dog Training** Pat Miller,2001-08-29 The Power of Positive Dog Training is the best book yet on explaining how and why purely positive training works Inside you ll find easy to read discussion of the philosophy of positive training followed by training tips and exercises This book is geared toward the dog owner who wants to develop a relationship with their dog based on friendship and positive reinforcement not fear and punishment You get 30 chapters with instructive illustrations including an easy to follow step by step six week basic training program with diary for any dog

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