



# 28 Day Walking Challenge For Beginners

1

MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1 mile</b>	<b>1.5 miles</b>	<b>1.5 miles</b>	<b>2 miles</b>	<b>2 mile</b>	<b>2 miles</b>	<b>3 miles</b>
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
<b>1 mile</b>	<b>2 miles</b>	<b>3 miles</b>	<b>3 miles</b>	<b>2 miles</b>	<b>3 miles</b>	<b>4 miles</b>
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
<b>2 mile</b>	<b>3 miles</b>	<b>4 miles</b>	<b>4 miles</b>	<b>2 miles</b>	<b>4 miles</b>	<b>5 miles</b>
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
<b>2 mile</b>	<b>4 miles</b>	<b>5 miles</b>	<b>5 miles</b>	<b>3 miles</b>	<b>5 miles</b>	<b>6 miles</b>
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](http://LoveLifeBeFit.com)

# Walking Workout Guide Promo

**James M. Eddy, Robin C. Rager**



## **Walking Workout Guide Promo:**

*Structured Exercises in Wellness Promotion* Nancy Loving Tubesing, Donald A. Tubesing, 1994-01-02 A collection of exercises for wellness promotion to be used by trainers and facilitators in group settings

**Evaluation of a Multiphasic Health-promotional Walking Program with a Group of Elderly Clients** Jo Ann Tomis, 1989

Workplace Wellness Case Studies Healthcare Intelligence Network, 2006-03 The growth and market adoption of consumer driven healthcare continues to drive health plans and employers to develop more widespread member and employee health improvement initiatives Workplace Wellness Case Studies Tactics To Promote Health and Reduce Risk looks at whats working in health plan wellness and health promotion programs award winning and unique efforts best practices ROI and lessons learned Starting with case studies of health improvement innovations in place at three national health plans this report then delves into two parallel tactics that are gaining ground among employers pitting departments against each other in a friendly competition for the healthiest workers and rewarding employees for healthy lifestyle choices Both the game plan for healthy workplace competition and a profusion of winning ideas for incentives are profiled here Youll get case studies from some of the pioneers in wellness programming including American Cast Iron Pipe Company Excellus Blue Cross Blue Shield Health Alliance Plan HealthPartners Meridian Health System Texas Health Resources and Washoe County School District You ll get details on Analyzing the outcomes for a program run by Highmark to reverse heart disease Formatting a wellness team Designing incentives to increase wellness program participation Evaluating the payback on wellness programs Targeting your marketing to multiple audiences Using health coaches in wellness programs and Ensuring your wellness program s compliance with HIPAA Table of Contents Winning Ideas in Health Plan Wellness and Health Improvement Programs Case Study HealthPartners Tackles Risk Factors with A Call to Change Anatomy of a Phone Line Program Curriculum Structure Improving Health Step by Step Program Evaluation Case Study Health Alliance Plan Goes On Site to Impact Employee Health Work Site Health Promotion Program Coping With Flu Season Walking for Better Health Purchasers Demand for Health Promotion Surges Sharing Best Practices in Work site Wellness Forum iStrive for Better Health Program Employer Partner Provides 75 Reward for HRA Completion Case Study Mandatory HRAs and Wellness Interventions Reap Rewards for Highmark Blue Cross Blue Shield Employers Division Organization Choosing Interventions Embedding a Healthy Philosophy Into the Product Line HRAs Mandatory for Highmark Employees Outcomes Healthy Competition Taking the Team Approach to Wellness The Benefits of Teaming Up at Work Planning and Implementation Incentives Reduce Risk Selling the Program and Making it Work Setting the Price of Participation Real Team Competitions An Optimistic Outlook Case Study Meridian Health System Promotes a Healthy and Productive Workforce Changing the Employer Culture Fit to Win Weight Loss Program a 12 Week Effort Keep Programs Simple and Entertaining Case Study Washoe County School District Gets Good Grades in Health Promotion The Purpose of Wellness Programs A Deeper Look Programs and Process Generate Progress

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**Health Promotion Programs for Older Adults** Cathy Stauffer Kimble, Mary E. Longe, 1989 Written to provide hospitals with current information about what hospitals across the country are doing to preserve and improve the health of their rapidly growing older adult communities Discusses the relationship between hospitals and older adults market assessment goal setting program planning learning process and environment organizational placement staffing and training finances promotion of the program and evaluation Appendices contain information on resource organizations packaged health promotion programs program planning resources and national certification programs for exercise instructors

**Health Promotion and Exercise for Older Adults** Carole Bernstein Lewis, Linda C. Campanelli, 1990 Here is a step by step guide for rehabilitation clinicians promoting exercise health classes for the older population Practical information detailed guidelines are presented including reproducible patient handouts Also included are suggestions regarding additional services from various agencies

**Association for Worksite Health Promotion Membership Directory**, 1999 **Worksite Health Promotion Resources**, 1993 *Health Promotion*

Michael L. Teague, Valerie L. McGhee, 1992 Includes references index      **Nurses and Family Health Promotion** Perri J. Bomar, 1992      *Managing Health Promotion in the Workplace* Rebecca S. Parkinson, 1982 Abstract Methods used in the workplace to promote health and healthy lifestyle choices are discussed in this text Techniques for implementing and evaluating such efforts are also discussed      **Internship in Health Promotion** James M. Eddy, Robin C. Rager, 1988      **Walk Alert: National Pedestrian Safety Program: 1989 Program Guide** Fred N. Ranck, National Safety Council, 1989      COMPLETE RUNNER'S GUIDE ,2004      Group Practice Journal ,2003

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