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28-DAY WALKING CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
30 minutes	30 minutes	30 minutes	REST	30 minutes
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
45 minutes	REST	45 minutes	45 minutes	REST
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
45 minutes	45 minutes	REST	45 minutes	60 minutes
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
60 minutes	60 minutes	REST	75 minutes	75 minutes
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
REST	75 minutes	75 minutes	REST	75 minutes
DAY 26	DAY 27	DAY 28	Complete the challenge all at once or break up the minutes throughout your day to work with your schedule.	
REST	90 minutes	90 minutes		

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The Walking Solution Lee Scott,Michele Stanten,2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability **Walk Your Butt Off! (Enhanced Edition)** Sarah Lorge Butler,Leslie Bonci,Michele Stanten,2013-02-26 The enhanced edition of Prevention s practical walking program features exclusive video content including exercises to take readers from flabby to fit in 12 weeks This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster Developed by former Prevention fitness director and walking expert Michele Stanten Walk Your Butt Off will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day And at no more than 30 minutes each these daily walks can fit into even the busiest schedule Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci this easy step by step guide to permanent weight loss is suitable for everyone **Walk Your Butt Off!** Sarah Lorge Butler,Leslie Bonci,Michele Stanten,2013-02-26 The practical walking program that takes readers from flabby to fit in 12 weeks with a variety of walks and easy to incorporate lifestyle changes This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster Developed by former Prevention fitness director and walking expert Michele Stanten Walk Your Butt Off will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day And at no more than 30 minutes each these daily walks can fit into even the busiest schedule Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci this easy step by step guide to permanent weight loss is suitable for everyone **Walking the Weight Off For Dummies** Erin Palinski-Wade,2015-04-27 Get up get moving and walk away the pounds If you re looking to lose weight and get fit Walking the Weight Off For Dummies will show you just what to do to walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you ll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you ll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health Figure out the best

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Physical inactivity is the greatest risk factor contributing to dementia and anxiety it's as much a factor as genetics. In addition exercise's anti inflammatory properties make it the most effective treatment strategy for those who are depressed and don't respond to anti depressants. The book focuses on overcoming inertia using exercise to help fight addictions, how we can improve our memory with fitness even as we age and importantly how exercise can help us sleep better, improve focus and be more creative. Included are easy to use plans for unique aerobic and resistance workouts designed to strengthen the brain.

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