

How to Burn More **Calories** **Walking**



Me.

- Posture
- Weight
- Arm Swing
- Glute Squeeze
- Hills
- Toe Push-Off
- Heart Rate
- Walking Poles
- Abs
- Lift Knees
- Long Strides
- Uneven Terrain

Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
5 minutes	7 minutes	9 minutes	10 minutes	12 minutes	15 minutes	18 minutes
NIGHT	NIGHT	NIGHT	NIGHT	NIGHT	NIGHT	NIGHT
5 minutes	7 minutes	9 minutes	10 minutes	12 minutes	15 minutes	18 minutes

Week 2

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
2 minutes easy + 10 minutes brisk + 2 minutes easy	20 minutes moderate	5 minutes easy + 12 minutes brisk + 5 minutes easy	20 minutes moderate	5 minutes easy + 15 minutes brisk + 5 minutes easy	20 minutes moderate	5 minutes easy + 18 minutes brisk + 5 minutes easy

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trials meta analyses and consensus based recommendations are boldfaced **The American Catalogue** ,1911 American national trade bibliography **Journal of Physical Education, Recreation & Dance** ,1989 Billboard ,1986-03-29 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **Normal Instructor and Teachers World** ,1915 The Youth's Companion Nathaniel Willis,Daniel Sharp Ford,1881 Includes music Journal of Experimental Biology ,2000 Further Correspondence with the United States Ambassador Great Britain. Foreign Office,1916 *Price list of physicians' supplies [manufactured by] Chas. Truax & co* Chas. Truax & Co,1890

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