

# 28 Day Walking Challenge For Beginners



	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1</b>	<b>1 mile</b> 25 minutes slow pace	<b>1.5 miles</b> 35 minutes 25 min slow + 10 min moderate	<b>1.5 miles</b> 30 minutes moderate pace	<b>2 miles</b> 45 minutes 25 min slow + 20 min moderate	<b>2 miles</b> 40 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 17 min fast	<b>3 miles</b> 60 minutes moderate pace
<b>2</b>	<b>1 mile</b> 20 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 17 min fast	<b>3 miles</b> 60 minutes moderate pace	<b>3 miles</b> 51 minutes fast pace	<b>2 miles</b> 40 minutes moderate pace	<b>3 miles</b> 57 minutes 40 min mod + 17 min fast	<b>4 miles</b> 80 minutes moderate pace
<b>3</b>	<b>2 mile</b> 40 minutes moderate pace	<b>3 miles</b> 57 minutes 40 min mod + 17 min fast	<b>4 miles</b> 80 minutes moderate pace	<b>4 miles</b> 68 minutes fast pace	<b>2 miles</b> 40 minutes moderate pace	<b>4 miles</b> 74 minutes 40 min mod + 34 min fast	<b>5 miles</b> 100 minutes moderate pace
<b>4</b>	<b>2 mile</b> 40 minutes moderate pace	<b>4 miles</b> 74 minutes 40 min mod + 34 min fast	<b>5 miles</b> 100 minutes moderate pace	<b>5 miles</b> 85 minutes fast pace	<b>3 miles</b> 60 minutes moderate pace	<b>5 miles</b> 91 minutes 40 min mod + 51 min fast	<b>6 miles</b> 120 minutes 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.

# Weight Loss Plan Walking Workout Update

**Arturo Cuomo**

## **Weight Loss Plan Walking Workout Update:**

**The G.I. Diet, Revised and Updated** Rick Gallop, 2011-12-01 Rick Gallop's groundbreaking G I Diet has been revised and updated once more to provide the best new basics for people looking to lose weight permanently and to show you how to eat right for your personality type The G I Diet has helped hundreds of thousands of people around the world to lose weight and keep it off Now Canada's diet guru Rick Gallop along with his wife Dr Ruth Gallop have updated the book once again including a guide to how your personality type affects your eating behaviours Whether you are controlling, impulsive, indecisive or feel helpless you will be able to identify your traits and modify your eating habits Over the years the G I diet has proven that You won't feel hungry or deprived You will never have to count calories, carbs or points again It's healthy and will reduce your risk of heart disease and diabetes

**Essentials of Nutrition and Diet Therapy** Sue Rodwell Williams, 1994

This textbook is designed to meet the needs of beginning students in the allied health professions today Major areas covered are introduction to human nutrition, community nutrition and the life cycle and introduction to clinical nutrition Contains new chapters on feeding methods enteral and parenteral nutrition and nutrition and AIDS

**ChangeOne: The Diet & Fitness Plan** Editors of Reader's Digest, 2006-12-28 **Good Housekeeping**, 1929 **Gaillard's Medical Journal and the American Medical Weekly**, 1882 **YMCA Walk Reebok Instructor's Manual**, 1996 **The Popular Science Monthly**, 1878

**Consumer Health & Nutrition Index**, 1994 **Diet for Children** Louise Eleonor Shimer Hogan ("Mrs. J. L. Hogan"), 1916 **Eat and Keep Fit** Lyman Frederic Kebler, 1930 **Walk, Jog, Run, for Wellness** Patricia A. Floyd, Janet E. Parke, 1990 **Journal of Health, Physical Education, Recreation**, 1961 **Health Through Sunshine and Diet**

Gustave W. Haas, 1926 **Children's Bureau Publication** United States. Children's Bureau, 1914 **Alternative & Complementary Therapies**, 2000 **British Medical Journal**, 1882 **The Delineator** R. S. O'Loughlin, H. F. Montgomery, Charles Dwyer, 1910 **Diet with Vitamins** David P. Rubincam, John Rubincam, 1977 **Woman's World**, 1928 **Handbook of Non-prescription Drugs**, 2004

## Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Weight Loss Plan Walking Workout Update**

In a global inundated with displays and the cacophony of immediate conversation, the profound energy and emotional resonance of verbal beauty frequently fade in to obscurity, eclipsed by the regular barrage of sound and distractions. Yet, located within the lyrical pages of **Weight Loss Plan Walking Workout Update**, a fascinating work of literary splendor that impels with organic feelings, lies an remarkable journey waiting to be embarked upon. Published with a virtuoso wordsmith, this exciting opus books viewers on a psychological odyssey, delicately exposing the latent potential and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is key themes, dissect its fascinating publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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