

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.



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The Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton, 2007 *Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness* Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit **Federal Trade Commission Decisions** United States. Federal Trade Commission, 1999 **Walk It Off!** Mark Fenton, 2002 **Planning and Designing Effective Web Sites** Sue A. Conger, Richard O. Mason, 1998 This unique new book looks at the various stages of development and decisions to be made in creating an effective web site A running case study takes users through planning idea generation implementation and maintenance Asseal Marketing Henry Assael, 1997-12 The chapters form the core of the book and represent the key areas of product distribution promotion and price The integration of concepts and applications in a student friendly manner is the focus of this book Marketing concepts are introduced in a process approach in which marketing is described as a series of processes market segmentation new product development promotional decisions and so forth Pref **Marketing** Henry Assael, 1998 The chapters form the core of the book and represent the key areas of product distribution promotion and price The integration of concepts and applications in a student friendly manner is the focus of this book Marketing concepts are introduced in a process approach in which marketing is described as a series of processes market segmentation new product development promotional decisions and so forth Pref *The Men's Health Guide To Peak Conditioning* Richard Laliberte, 1997-04-15 Provides conditioning programs for various lifestyles and interests discusses nutrition sleep and time management and offers advice on buying equipment and workout gear *You: Staying Young* Michael F. Roizen, Mehmet Oz, 2015-08-18 Updated and with a new introduction Cover **Glamour's How to Do Anything Better Book** Nancy Young, 1977 **Fit Pregnancy For Dummies** Catherine Cram, Tere Stouffer Drenth, 2011-05-04 Are you intrigued by the idea of working out during pregnancy but think it can't be safe Are you unsure how the words fit and pregnancy actually make sense in the same sentence If so you've come to the right place This easy to follow guide shows you how you can be fit and pregnant whether you're new to exercise or have been working out for years and whether you're in your second week of pregnancy or your 32nd **Fit Pregnancy For Dummies** is for you if you're pregnant if you're thinking about becoming pregnant and You want to be as fit and healthy as you can be whatever your current fitness level without in any way jeopardizing your health or the health of your baby This guide gives you the straight facts on Staying safe when you exercise Developing a plan with your health provider Choosing the right equipment Modifying your routine for each trimester Eating well for nine months and beyond From yoga and swimming to weight training aerobics and much more you'll see how to get started with a fun step by step fitness routine that will make your entire pregnancy easier to manage Postpartum expert and prenatal fitness class instructor Catherine Cram and fitness expert Tere Stouffer Drenth give you the scoop on the activities that work best for pregnant women and how to set up a routine that works best for you You'll

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