

YOUR 4-WEEK WALKING PLAN

Kickstart a walking habit and get fit in one month

WEEK 1	MON	TUES	WED	THUR	FRI	SAT	SUN
	Walk 5 minutes	Rest	Walk 10 minutes	Rest	Walk 15 minutes	Rest	Walk 5 minutes
WEEK 2	MON	TUES	WED	THUR	FRI	SAT	SUN
	Walk 10 minutes	Rest	Walk 20 minutes	Recovery	Walk 15 minutes	Rest	Walk 10 minutes
WEEK 3	MON	TUES	WED	THUR	FRI	SAT	SUN
	Walk 25 minutes	Rest	Walk 10 minutes	Recovery	Walk 25 minutes	Rest	Walk 10 minutes
WEEK 4	MON	TUES	WED	THUR	FRI	SAT	SUN
	Rest	Walk 15 minutes	Recovery	Walk 15 minutes	Rest	Walk 30 minutes	Rest

WARM-UP AND RECOVERY EXERCISES:



Standing Knee Pull



Standing Quad Pull



Hamstring Scoop



Runner's Calf Stretch

Weekly Ad Walking Workout Guide

Erika Peters

Weekly Ad Walking Workout Guide:

The Complete Idiot's Guide to Walking For Health Erika Peters,2000-03-01 You're no idiot of course You've been meaning to get on track to a happier healthier life and you've heard that walking burns the same amount of calories as jogging But your path while paved with good intentions is also filled with roadblocks like having too little energy or too many unwholesome distractions Lace up your sneakers The Complete Idiot's Guide to Walking for Health will help you develop a walking program and be with you every step of the way In this Complete Idiot's Guide you get Simple steps to figure out your waist to hip ratio and fitness level Easy ways to stay motivated and energetic Time saving tips on incorporating walking workouts into your busy life Expert advice on how walking helps you age gracefully

ACSM's Complete Guide to

Fitness & Health American College of Sports Medicine,Barbara A. Bushman,2017-02-09 Here is the ultimate resource for maximizing your exercise and nutrition efforts In this new edition of ACSM's Complete Guide to Fitness Health you have an authoritative reference that allows you to apply research based guidance to your unique health and fitness needs With a focus across the life span this resource shows you how to pursue optimal health and fitness now and throughout the years to come The American College of Sports Medicine the largest and most respected sport science and medicine organization in the world has created this book to bridge the gap between science and the practice of making personal lifestyle choices that promote health This new edition contains age specific advice within the framework of the latest research thus helping you to avoid the lure of fads unfounded myths and misinformation You will learn these strategies Incorporate the latest guidelines for physical activity and nutrition into your daily routine to improve your fitness and overall health Optimize your weight and increase strength flexibility aerobic fitness and functional fitness Improve health and manage conditions such as diabetes cardiovascular disease cancer depression osteoporosis arthritis pregnancy and Alzheimer's disease through exercise and nutrition Monitor evaluate and tailor your exercise program for optimal results Featuring step by step instructions and full color photos for the most effective exercises sample workouts practical advice age specific physical activity and dietary guidelines and strategies for incorporating exercise and healthy nutrition choices into even the busiest of lifestyles ACSM's Complete Guide to Fitness Health is a resource that belongs in every fitness enthusiast's library

ACSM's Complete

Guide to Fitness & Health, 2E American College of Sports Medicine,Bushman, Barbara,2017-01-23 ACSM's Complete Guide to Fitness Health Second Edition offers the most current exercise and nutrition guidelines along with assessments exercises activities and programs for varying ages special conditions and fitness goals Authoritative and comprehensive it makes adding enhancing or customizing a fitness and health routine safe and effective

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

The Complete Guide

to Walking for Health, Weight Loss, and Fitness Mark Fenton,2007

Senior Fitness - U.S. Edition Vincent

Antonetti, PhD, 2013-11-22 2nd Edition Updated and easier to use Senior Fitness U S Edition is written by a senior especially for senior men and women ages 50 to 80 years who want to get healthy stay healthy and enjoy life Learn how to exercise properly Learn how to improve your balance and reduce your risk of falling Learn how to eat to stay healthy and live longer Learn how to lose weight safely and keep it off Learn how to avoid gaining weight as you get older This book has 45 Tables 14 Figures and a Bibliography Many of the tables are new unique Senior Fitness is a great reference and a practical lifelong guide packed with useful and often unique information Senior Fitness U S Edition is another sensible book you can trust from NoPaperPress

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Vitamin Mineral Supplements Guidelines for Healthy Eating Basic Food Groups Estimating Calories in a Meal You Need
Fiber Water Water Everywhere Use Salt Sparingly Not Too Much Sugar Common Sense Nutrition Eat Slowly Weight Loss
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Guide to Power Walking Janice Meakin,2003 Suggesting a wide array of tips for staying motivated the author offers six
graded training schedules to take readers from beginner status all the way to long distance and even marathon walker with
gatefolds Weekly Commercial News ,1913 **Walk It Off!** Mark Fenton,2002 **National Printer Journalist** ,1921

Sports and Recreational Activities Dale P. Mood, Frank F. Musker, Judith E. Rink,2003 This comprehensive text offers fundamental information on forty three different sports and recreational activities Up to date material includes an overview of all aspects of the sport including history equipment rules fundamental skills techniques etiquette strategy teaching considerations leadup games and reference materials including videos Most importantly this textbook can be used effectively by participants instructors and instructors to be Publisher **YMCA Walk Reebok Instructor's Manual** ,1996 Journal
of Psycho-asthenics ,1902 **Printers' Ink; the ... Magazine of Advertising, Management and Sales** ,1917 The

Effect of a Twelve Week Progressive Walking and Exercise Program on the Morale of Adults Sixty Years and Older

Mary L. Gissal,1980 **The Rockport Walking Program** James M. Rippe,1989 Based on research at the Rockport Walking Institute Dr James M Rippe and Ann Ward Ph D present an exciting new approach to health and vitality WALK

"Wentworth & Hill's Exercise Manual George Albert Wentworth,1894

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