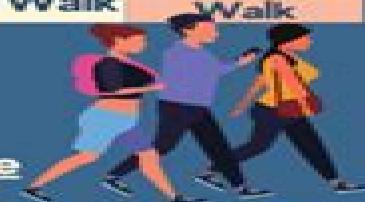


# 30-DAY WALKING CHALLENGE FOR BEGINNERS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	15 Min Easy Walk	10 Min Easy Walk	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 5 Min Brisk Walk
2	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	20 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 10 Min Brisk Walk
3	25 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 10 Min Brisk Walk	20 Min Easy Walk	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 15 Min Brisk Walk
4	30 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 15 Min Brisk Walk	25 Min Easy Walk	25 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 20 Min Brisk Walk
5	35 Min Easy Walk	30 Min Brisk Walk					

## Top Tips for the 30-Day Walking Challenge



- **Walk By Effort, Not Pace** - Don't worry about how fast you're going. Just focus on using effort as your guide.
- **Set a Schedule** - Routine is king. Pick a time of day to get your walking in and stick to it.
- **Plan Your Routes** - Try out new routes to keep your walks fun, motivating, and engaging.
- **Walk with a Friend** - Walking with a friend, family member, or co-worker provides motivation and companionship, and can be safer than walking alone.
- **Wear the Right Gear** - Getting a good pair of walking shoes will help ensure your feet are properly supported.
- **Stay Hydrated!**
- **Keep It Fun** - Listen to a podcast, your favorite album, or bring your dog - whatever keeps you going!

# Sat Practice Walking Workout Last 90 Days

**Lingjun Ying**

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## Unveiling the Energy of Verbal Artistry: An Mental Sojourn through **Sat Practice Walking Workout Last 90 Days**

In some sort of inundated with screens and the cacophony of quick transmission, the profound energy and mental resonance of verbal artistry usually fade into obscurity, eclipsed by the regular assault of noise and distractions. However, situated within the musical pages of **Sat Practice Walking Workout Last 90 Days**, a fascinating function of fictional brilliance that pulses with organic emotions, lies an wonderful trip waiting to be embarked upon. Written by a virtuoso wordsmith, that mesmerizing opus instructions readers on an emotional odyssey, gently exposing the latent potential and profound impact embedded within the complex internet of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is main themes, dissect its captivating writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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