

Walking for weight loss



Do not underestimate walking as a means of losing weight. Very frequently during training, people do not know and the exercises do not notice. In fact, it is very effective.

Any kind of walking is always energy expenditure, which necessarily leads to losing weight. The only question is how many calories are burned in the process of such a sport. This factor also depends on such factors as initial weight and speed.

For 1 kg of weight for an hour it spent:

in the average tempo (240 km / h) - 322 kcal

at a fast pace (277 km / h) - 445 kcal

at a very fast pace, almost running (31-32 km / h) - 50 kcal.

In order not to make complex calculations yourself, you can use the following table:

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Good Housekeeping ,2006 **Walking** John Stanton,2009-09-01 Walking is something most of us do every day but we should be doing more of it 63% of Canadians aren't getting the recommended amount of daily exercise and it's adding up heart disease obesity and high blood pressure are all on the rise But something as simple as taking a few extra steps a day can make a huge difference moving more leads to more energy improved sleep quality and better heart health And John Stanton knows how to get people moving As the founder and president of Walking Running Room North America's largest chain of special stores for walkers and runners he has inspired people across the nation to develop healthier lifestyles one step at a time Walking A Complete Guide to Walking for Fitness Health and Weight Loss is the perfect companion for your own journey to good health With three program categories to fit every type of activity level from non walkers to avid walkers there is a program in here for you In this comprehensive guide you'll learn how to Set realistic goals Design your own training program Find the level of walking that's right for you Choose the best shoes and walking wear for your needs Prevent and treat common injuries Enhance your walking with optimum nutrition Let John Stanton show you the way to a healthier happier lifestyle one step at a time *Time* ,2005 Instructor Wraparound Edition Gregg College Keyboarding & Document Processing ,2006 Track and Field Coaches Review ,1999 Bottom Line, Personal ,1998 *Newsweek* ,2008 **Runner's World** ,2000 Bottom Line Business ,1998 **Creative Forecasting** ,2007 *Brandweek* ,1995-10

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 - The Rise of Digital Reading Walking Workout On Sale Download
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout On Sale Download
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Walking Workout On Sale Download
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout On Sale Download
 - Personalized Recommendations
 - Walking Workout On Sale Download User Reviews and Ratings
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- Highlighting and Note-Taking Walking Workout On Sale Download
- Interactive Elements Walking Workout On Sale Download

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- Participating in Virtual Book Clubs
- Following Authors and Publishers Walking Workout On Sale Download

9. Balancing eBooks and Physical Books Walking Workout On Sale Download

- Benefits of a Digital Library
- Creating a Diverse Reading Collection Walking Workout On Sale Download

10. Overcoming Reading Challenges

- Dealing with Digital Eye Strain
- Minimizing Distractions
- Managing Screen Time

11. Cultivating a Reading Routine Walking Workout On Sale Download

- Setting Reading Goals Walking Workout On Sale Download
- Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Walking Workout On Sale Download

- Fact-Checking eBook Content of Walking Workout On Sale Download
- Distinguishing Credible Sources

13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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