



AT HOME

15 MINUTE WALKING WORKOUT

FOR
SENIORS

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Lee Scott, Michele Stanten

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the text bar.

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The Walking Solution Lee Scott, Michele Stanten, 2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability **Walk Your Butt Off! (Enhanced Edition)** Sarah Lorge Butler, Leslie Bonci, Michele Stanten, 2013-02-26 The enhanced edition of Prevention's practical walking program features exclusive video content including exercises to take readers from flabby to fit in 12 weeks This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster Developed by former Prevention fitness director and walking expert Michele Stanten Walk Your Butt Off will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day And at no more than 30 minutes each these daily walks can fit into even the busiest schedule Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci this easy step by step guide to permanent weight loss is suitable for everyone **Walk Your Butt Off!** Sarah Lorge Butler, Leslie Bonci, Michele Stanten, 2013-02-26 The practical walking program that takes readers from flabby to fit in 12 weeks with a variety of walks and easy to incorporate lifestyle changes This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster Developed by former Prevention fitness director and walking expert Michele Stanten Walk Your Butt Off will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day And at no more than 30 minutes each these daily walks can fit into even the busiest schedule Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci this easy step by step guide to permanent weight loss is suitable for everyone **Walking the Weight Off For Dummies** Erin Palinski-Wade, 2015-04-27 Get up get moving and walk away the pounds If you're looking to lose weight and get fit Walking the Weight Off For Dummies will show you just what to do to walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you'll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you'll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health

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Table of Contents Walking Workout Latest Sign In

1. Understanding the eBook Walking Workout Latest Sign In
 - The Rise of Digital Reading Walking Workout Latest Sign In
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Latest Sign In
 - 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 Latest Sign In
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Latest Sign In
 - Personalized Recommendations
 - Walking Workout Latest Sign In User Reviews and Ratings
 - Walking Workout Latest Sign In and Bestseller Lists
5. Accessing Walking Workout Latest Sign In Free and Paid eBooks
 - Walking Workout Latest Sign In Public Domain eBooks
 - Walking Workout Latest Sign In eBook Subscription Services
 - Walking Workout Latest Sign In Budget-Friendly Options

6. Navigating Walking Workout Latest Sign In eBook Formats
 - ePub, PDF, MOBI, and More
 - Walking Workout Latest Sign In Compatibility with Devices
 - Walking Workout Latest Sign In Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Walking Workout Latest Sign In
 - Highlighting and Note-Taking Walking Workout Latest Sign In
 - Interactive Elements Walking Workout Latest Sign In
8. Staying Engaged with Walking Workout Latest Sign In
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Walking Workout Latest Sign In
9. Balancing eBooks and Physical Books Walking Workout Latest Sign In
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Walking Workout Latest Sign In
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Walking Workout Latest Sign In
 - Setting Reading Goals Walking Workout Latest Sign In
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Walking Workout Latest Sign In
 - Fact-Checking eBook Content of Walking Workout Latest Sign In
 - 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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