

Walking for weight loss



Do not underestimate walking as a means of losing weight only because during training, sweat does not flow and the muscles do not ache. In fact, it is very effective.

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

For 1 kg of weight for an hour is spent:

in the average tempo (3-4 km / h) - 3.2 kcal;

at a fast rate (6-7 km / h) - 4.5 kcal;

at a very fast pace, almost running (8-9 km / h) - 10 kcal.

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

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Rolando T. Lazaro

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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Problems and Exercises in Discrete Mathematics G.P. Gavrilov,A.A. Sapozhenko,2013-03-09 Many years of practical experience in teaching discrete mathematics form the basis of this text book Part I contains problems on such topics as Boolean algebra k valued logics graphs and networks elements of coding theory automata theory algorithms theory combinatorics Boolean minimization and logical design The exercises are preceded by ample theoretical background material For further study the reader is referred to the extensive bibliography Part II follows the same structure as Part I and gives helpful hints and solutions Audience This book will be of great value to undergraduate students of discrete mathematics whereas the more difficult exercises which comprise about one third of the material will also appeal to postgraduates and researchers

Exercises in Mathematics David Beveridge Mair,1914 *Optimal Mobility and Function across the Lifespan*

Ronald F. Zernicke,David Arthur Hart,2021-03-12 3rd International Conference on Movement, Health and Exercise

Fatimah Ibrahim,Jadeera Phaik Geok Cheong,Juliana Usman,Mohd Yazed Ahmad,Rizal Razman,Victor S Selvanayagam,2017-01-20 This volume presents the proceedings of the 3rd International Conference on Movement Health and Exercise 2016 MoHE2016 The conference was jointly organized by the Biomedical Engineering Department and Sports Centre University of Malaya It was held in Malacca from 28 30 September 2016 MoHE 2016 provided a good opportunity for speakers and participants to actively discuss about recent developments in a wide range of topics in the area of sports and exercise science In total 83 presenters and 140 participants took part in this successful conference **Umphred's**

Neurological Rehabilitation - E-Book Rolando T. Lazaro,2025-09-24 Selected for 2025 Doody s Core Titles in Physical Medicine and Rehabilitation Develop essential problem solving strategies for providing individualized effective neurologic care Under the leadership of Rolando Lazaro Umphred s Neurological Rehabilitation Eighth Edition covers the therapeutic management of people with activity limitations participation restrictions and quality of life issues following a neurological event across the lifespan This comprehensive reference provides foundational knowledge and addresses the best evidence for examination tools and interventions commonly used in today s clinical practice It applies a time tested evidence based approach to neurological rehabilitation that is perfect for both the classroom and the clinic NEW Content addresses the movement system and clinical practice guidelines NEW Two new chapters on special focus topics explore COVID 19 and reframing selected intervention strategies NEW Content explores COVID 19 as it relates to the neurologic system NEW Enhanced ebook version included with every new print purchase features videos and appendices and supplemental content

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