

30
Day

WALKING **FOR** **BEGINNERS**

challenge



TRAINING PLAN

Day 1 ○ 10 Min Easy Walk 	Day 2 ○ 10 Min Easy Walk 	Day 3 ○ 15 Min Easy Walk 	Day 4 ○ 10 Min Brisk Walk 	Day 5 ○ 15 Min Easy Walk 
Day 6 ○ 10 Min Brisk Walk 	Day 7 ○ Rest or 15 Min Easy Walk 	Day 8 ○ 15 Min Easy Walk 	Day 9 ○ 10 Min Brisk Walk 	Day 10 ○ 15 Min Easy Walk 
Day 11 ○ 20 Min Easy Walk 	Day 12 ○ 15 Min Easy Walk 	Day 13 ○ 15 Min Brisk Walk 	Day 14 ○ Rest or 15 Min Easy Walk 	Day 15 ○ 15 Min Easy Walk 
Day 16 ○ 20 Min Easy Walk 	Day 17 ○ 15 Min Brisk Walk 	Day 18 ○ 25 Min Easy Walk 	Day 19 ○ 20 Min Easy Walk 	Day 20 ○ 20 Min Brisk Walk 

Walking Workout Same Day Delivery

Canadian Club of Ottawa



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Walking For Better Health Dr. Satish Goel, The Salt Solution Diet Heather K. Jones, R.D., Editors Of Prevention Magazine, 2011-08-30 BEAT BLOAT SHED POUNDS AND SLASH SALT FOR GOOD Salt is tasty and addictive and even though it has zero calories of its own it could be responsible for sabotaging your weight loss efforts Hidden in foods you d least expect even in diet foods salt is everywhere and it s devastating your health and your waistline But there are simple ways to nix the sodium and lower your risk for high blood pressure obesity diabetes and other health issues while you re at it Low salt does not mean low flavor In this book you ll find recipes and quick fixes for more than 75 simple and delicious meals including Sweet Potato Pancakes Pork Tenderloin with Avocado Salad Rosemary Salmon Pumpkin Maple Cheesecake and Banana Nut Cake The Salt Solution Diet also serves as a store guide helping you navigate your way through supermarket aisles and drive thru menus so you know which packaged and restaurant foods yes you can still have them are the best ones for you and your health Thanks to The Salt Solution Diet slimming down and sidestepping disease has never been easier or more delicious Here is the fix your health diet and waist line have been looking for *Current State of Postural Research - Beyond Automatic Behavior* Emily Keshner, Joyce Fung, 2020-01-16 **St. Peter and His Training** John Davidson, 1905
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