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28-DAY

WALKING CHALLENGE

| | | | | |
|-----------------------------|-----------------------------|-----------------------------|--|-----------------------------|
| DAY 1 30 minutes | DAY 2 30 minutes | DAY 3 30 minutes | DAY 4 REST | DAY 5 30 minutes |
| DAY 6 45 minutes | DAY 7 REST | DAY 8 45 minutes | DAY 9 45 minutes | DAY 10 REST |
| DAY 11 45 minutes | DAY 12 45 minutes | DAY 13 REST | DAY 14 45 minutes | DAY 15 60 minutes |
| DAY 16 60 minutes | DAY 17 60 minutes | DAY 18 REST | DAY 19 75 minutes | DAY 20 75 minutes |
| DAY 21 REST | DAY 22 75 minutes | DAY 23 75 minutes | DAY 24 REST | DAY 25 75 minutes |
| DAY 26 REST | DAY 27 90 minutes | DAY 28 90 minutes | Complete the challenge all at once or break up the minutes throughout your day to work with your schedule. | |

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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 Figure out the best

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