

# ❖ Full Body Workout & Walking Plan ❖

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When the weather disagrees with your fitness plan, walk inside. Every step you take each day counts no matter where you do it!



Repeat your word with every inhalation and exhalation to help you stay focused on what you want to achieve.



Watch yourself in a mirror when you work out so you can see your form. Even though it may feel goofy at first, smile at yourself.



A quick whole body stretch: Stand up, root your feet into the ground and reach your arms to the sky, stretching as high as you can. Then totally relax. Repeat.

<b>Day 1</b> <input type="checkbox"/> Walk	<b>Day 2</b> <input type="checkbox"/> Lower Body	<b>Day 3</b> <input type="checkbox"/> Walk	<b>Day 4</b> <input type="checkbox"/> Upper Body	<b>Day 5</b> <input type="checkbox"/> Walk	<b>Day 6</b> <input type="checkbox"/> Core	<b>Day 7</b> <input type="checkbox"/> Walk
<b>Day 8</b> <input type="checkbox"/> Walk	<b>Day 9</b> <input type="checkbox"/> Lower Body	<b>Day 10</b> <input type="checkbox"/> Upper Body	<b>Day 11</b> <input type="checkbox"/> Walk	<b>Day 12</b> <input type="checkbox"/> Core	<b>Day 13</b> <input type="checkbox"/> Lower Body	<b>Day 14</b> <input type="checkbox"/> Walk
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<b>Day 22</b> <input type="checkbox"/> Walk	<b>Day 23</b> <input type="checkbox"/> Lower Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core	<b>Day 24</b> <input type="checkbox"/> Walk	<b>Day 25</b> <input type="checkbox"/> Lower Body <input type="checkbox"/> Upper Body <input type="checkbox"/> Core	<b>Day 26</b> <input type="checkbox"/> Walk	<b>Day 27</b> <input type="checkbox"/> Cardio	<b>Day 28</b> <input type="checkbox"/> Walk
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# Walking Workout Today Store Hours

**Karin Nielsen-Saines**

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name bar.

## **Walking Workout Today Store Hours:**

**America on Foot** Kerry Segrave, 2006-03-15 Hippocrates one of history s earliest known physicians once asserted Walking is man s best medicine Over the last three centuries people have endorsed walking for a variety of reasons health among them Before the 1700s people walked as an essential part of their lifestyle With the coming of the transportation revolution and the advent of such conveyances as horse drawn coaches railways and automobiles walking became something that was done increasingly out of choice rather than necessity England s fashionable society engaged in afternoon promenades as a stylish fad While America s vast distances and sparse settlements made this activity impractical Americans nevertheless took to walking in other ways including engaging in long distance walking competitions complete with spectators and prize money Thus for most of the twentieth century the activity of walking was much more than a means of transportation Beginning with the history of walking as a social activity the book discusses the various issues which have affected walkers including increased automobile traffic the attention of the marketing industry and pedestrian regulations The work examines the contemplative psychological and observational qualities of walking as well as famous personalities including Leonardo da Vinci William Shakespeare John Keats and John James Audubon who endorsed these intellectual qualifications During the 1970s fitness boom walking was reinvented yet again becoming an activity of numbers and equations as participants fought to maximize health benefits The book concludes with a legal analysis of pedestrianism as it relates to sharing space with the automobile

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