

# 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.

Day 1

Walk

Day 2

Lower Body

Day 3

Walk

Day 4

Upper Body

Day 5

Walk

Day 6

Core

Day 7

Walk

Day 8

Walk

Day 9

Lower Body

Day 10

Upper Body

Day 11

Walk

Day 12

Core

Day 13

Lower Body

Day 14

Walk

Day 15

Walk

Day 16

Lower Body  
 Upper Body

Day 17

Walk

Day 18

Lower Body

Day 19

Walk

Day 20

Upper Body  
 Core

Day 21

Walk

Day 22

Walk

Day 23

Lower Body  
 Upper Body  
 Core

Day 24

Walk

Day 25

Lower Body  
 Upper Body  
 Core

Day 26

Walk

Day 27

Cardio

Day 28

Walk

Day 29

Walk

Day 30

Lower Body  
 Upper Body  
 Core

Day 31

Walk

# Walking Workout Today Store Hours

**Karin Nielsen-Saines**

## **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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