



# 30 Day Walking Challenge For Beginners

	MON	TUE	WED	THUR	FRI	SAT	SUN
<b>1</b>	<b>1 mile</b> 25 minutes slow pace	<b>1.5 miles</b> 35 minutes 25 min slow + 10 min moderate	<b>1 miles</b> 25 minutes slow pace	<b>1.2 miles</b> 25 minutes 5 min slow + (1 min fast + 1 min slow) x 10	<b>1 miles</b> 20 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>2 miles</b> 40 minutes moderate pace
<b>2</b>	<b>1 miles</b> 25 minutes slow pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>1.5 miles</b> 35 minutes 25 min slow + 10 min moderate	<b>1.8 miles</b> 35 minutes 5 min slow + (2 min fast + 1 min slow) x 10	<b>2 miles</b> 40 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>3 miles</b> 60 minutes moderate pace
<b>3</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>3 miles</b> 60 minutes moderate pace	<b>2 miles</b> 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	<b>2 miles</b> 40 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>4 miles</b> 80 minutes moderate pace
<b>4</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>3 miles</b> 54 minutes 20 min mod + 34 min fast	<b>3 miles</b> 60 minutes moderate pace	<b>2 miles</b> 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	<b>3 miles</b> 60 minutes moderate pace	<b>2 miles</b> 37 minutes 20 min moderate + 1.7 min fast	<b>5 miles</b> 100 minutes moderate pace
<b>5</b>	<b>1.5 miles</b> 30 minutes moderate pace	<b>4 miles</b> 74 minutes 40 min mod + 34 min fast					

## Tips To Follow The 30-Day Walking Plan

1. Slow is a stroll - approx 25 minutes/mile. Use this easy pace to warm up.
2. Moderate is a normal walking pace - 20 minutes/mile. You can still talk as you walk.
3. Fast is walking at a brisk pace where you're pushing yourself - 1.7 minutes/mile.
4. Complete sessions in one go or split into 2.
5. Repeat a week if you find it too hard.
6. If the plan is too easy increase the intensity of your walks with intervals or hills.

Check out the full 30-Day Walking Plan (and much more) at [LoveLifeBeFit.com](http://LoveLifeBeFit.com)

# Walking Workout Today Customer Service

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**Members for Life** Richard F. Gerson,1999 Members for life shows how to develop a customer service standard that will keep your members coming back It covers crucial skills that every fitness staff member needs to develop from basic telephone and communication skills to tips for managing angry or complaining members

**Children Today** ,1996 *Research on Neurological and Communication Disorders* United States. Congress. Senate. Committee on Appropriations. Subcommittee on Departments of Labor, Health and Human Services, Education, and Related Agencies,1998

**Ultimate Basic Business Skills** Christee Gabour Atwood,2009-12-01 Having a copy of Ultimate Basic Business Skills Training an Effective Workforce on your bookshelf is like having an on call business training department This book offers ready to present programs on the most critical frontline business skills every member of your organization needs Too often training in these basic business areas is ignored in favor of more pressing product or service training Ultimate Basics Business Skills offers learning professionals everything needed to quickly deploy this valuable training Lively scripted half day programs in more than 20 individual topic areas cover external and internal customer service skills project management help in projecting a professional image and working in a team environment and much more The book uses the familiar structure of the Trainer s Workshop Series to guide the training sessions and includes all handouts worksheets assessments and PowerPoint slides to allow users to quickly create training targeted specifically for their intended audience All programs offer enough additional material to allow expanding the program length to suit training needs Users can easily blend mix and match formats and contents to create just the program your organization needs

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**Flowers &.** ,1988      Motor Age ,1928      *Food Management* ,1990-07      **Railway Signaling and Communications** ,1949      *Recreation* ,1930      **Postal Life** ,1991      **The American Legion** ,1994

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