

# 5

# TIPS TO BOOST YOUR WALKING ROUTINE



## Add Intervals

- Interval training involves short bursts of intense activity with active recovery.
- Warm-Up, Walk at Moderate Pace (2 min), Walk Faster (1 min), Set Landmark Goals, Repeat.

## Engage Your Upper Body

- Swing your arms properly.
- Consider Nordic Walking Poles for upper-body strength and flexibility.



## Utilize Varied Terrain

- Incorporate inclines, hills, nature trails, and beaches for a challenge.
- Use stairs or stadium steps for muscle activation.

## Incorporate Resistance

- Perform bodyweight exercises at a midpoint or use surroundings (benches, fence posts).
- Try an outdoor fitness circuit for variety.



## Extend Your Walk

- Choose specific destinations or vary your route.
- Walk with friends, family, or coworkers for motivation.
- Gradually increase your walking distance each day.



# Walking Workout Tips Tutorial

**Janice Meakin**

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David John Field,David Isaacs,John Stroobant,1989

This book delves into Walking Workout Tips Tutorial. Walking Workout Tips Tutorial is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Walking Workout Tips Tutorial, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Walking Workout Tips Tutorial
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