

28 Day Walking Challenge For Beginners



	MON	TUE	WED	THUR	FRI	SAT	SUN
1	1 mile 25 minutes slow pace	1.5 miles 35 minutes 25 min slow + 10 min moderate	1.5 miles 30 minutes moderate pace	2 miles 45 minutes 25 min slow + 20 min moderate	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace
2	1 mile 20 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace	3 miles 51 minutes fast pace	2 miles 40 minutes moderate pace	3 miles 57 minutes 40 min mod + 17 min fast	4 miles 80 minutes moderate pace
3	2 mile 40 minutes moderate pace	3 miles 57 minutes 40 min mod + 17 min fast	4 miles 80 minutes moderate pace	4 miles 68 minutes fast pace	2 miles 40 minutes moderate pace	4 miles 74 minutes 40 min mod + 34 min fast	5 miles 100 minutes moderate pace
4	2 mile 40 minutes moderate pace	4 miles 74 minutes 40 min mod + 34 min fast	5 miles 100 minutes moderate pace	5 miles 85 minutes fast pace	3 miles 60 minutes moderate pace	5 miles 91 minutes 40 min mod + 51 min fast	6 miles 120 minutes moderate pace

Tips To Follow The 28-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 - 17 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 28-Day Walking Plan(and much more) at LoveLifeBeFit.com

Weight Loss Plan Walking Workout Update

Lyman Frederic Kebler

Weight Loss Plan Walking Workout Update:

The G.I. Diet, Revised and Updated Rick Gallop, 2011-12-01 Rick Gallop's groundbreaking G I Diet has been revised and updated once more to provide the best new basics for people looking to lose weight permanently and to show you how to eat right for your personality type The G I Diet has helped hundreds of thousands of people around the world to lose weight and keep it off Now Canada's diet guru Rick Gallop along with his wife Dr Ruth Gallop have updated the book once again including a guide to how your personality type affects your eating behaviours Whether you are controlling, impulsive, indecisive or feel helpless you will be able to identify your traits and modify your eating habits Over the years the G I diet has proven that You won't feel hungry or deprived You will never have to count calories, carbs or points again It's healthy and will reduce your risk of heart disease and diabetes

Essentials of Nutrition and Diet Therapy Sue Rodwell Williams, 1994 This

textbook is designed to meet the needs of beginning students in the allied health professions today Major areas covered are introduction to human nutrition, community nutrition and the life cycle and introduction to clinical nutrition Contains new chapters on feeding methods, enteral and parenteral nutrition and nutrition and AIDS

ChangeOne: The Diet & Fitness Plan Editors of Reader's Digest, 2006-12-28 Good Housekeeping, 1929 Gaillard's Medical Journal and the American Medical Weekly, 1882 YMCA Walk Reebok Instructor's Manual, 1996 **The Popular Science Monthly**, 1878

Consumer Health & Nutrition Index, 1994 Diet for Children Louise Eleonor Shimer Hogan ("Mrs. J. L. Hogan"), 1916

Eat and Keep Fit Lyman Frederic Kebler, 1930 Walk, Jog, Run, for Wellness Patricia A. Floyd, Janet E. Parke, 1990

Journal of Health, Physical Education, Recreation, 1961 **Health Through Sunshine and Diet** Gustave W. Haas, 1926

Children's Bureau Publication United States. Children's Bureau, 1914 **Alternative & Complementary Therapies**, 2000 **British Medical Journal**, 1882 **The Delineator** R. S. O'Loughlin, H. F. Montgomery, Charles Dwyer, 1910

Diet with Vitamins David P. Rubincam, John Rubincam, 1977 **Woman's World**, 1928 **Handbook of Non-prescription Drugs**, 2004

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