



# 28 Day Walking Challenge For Beginners

1

| MON           | TUE                           | WED              | THUR                          | FRI           | SAT                           | SUN            |
|---------------|-------------------------------|------------------|-------------------------------|---------------|-------------------------------|----------------|
| <b>1 mile</b> | <b>1.5 miles</b>              | <b>1.5 miles</b> | <b>2 miles</b>                | <b>2 mile</b> | <b>2 miles</b>                | <b>3 miles</b> |
| 25 minutes    | 35 minutes                    | 30 minutes       | 45 minutes                    | 40 minutes    | 37 minutes                    | 60 minutes     |
| slow pace     | 25 min slow + 10 min moderate | moderate pace    | 25 min slow + 20 min moderate | moderate pace | 20 min moderate + 17 min fast | moderate pace  |

2

| MON           | TUE                           | WED            | THUR           | FRI            | SAT                      | SUN            |
|---------------|-------------------------------|----------------|----------------|----------------|--------------------------|----------------|
| <b>1 mile</b> | <b>2 miles</b>                | <b>3 miles</b> | <b>3 miles</b> | <b>2 miles</b> | <b>3 miles</b>           | <b>4 miles</b> |
| 20 minutes    | 37 minutes                    | 60 minutes     | 51 minutes     | 40 minutes     | 57 minutes               | 80 minutes     |
| moderate pace | 20 min moderate + 17 min fast | moderate pace  | fast pace      | moderate pace  | 40 min mod + 17 min fast | moderate pace  |

3

| MON           | TUE                      | WED            | THUR           | FRI            | SAT                      | SUN            |
|---------------|--------------------------|----------------|----------------|----------------|--------------------------|----------------|
| <b>2 mile</b> | <b>3 miles</b>           | <b>4 miles</b> | <b>4 miles</b> | <b>2 miles</b> | <b>4 miles</b>           | <b>5 miles</b> |
| 40 minutes    | 57 minutes               | 80 minutes     | 68 minutes     | 40 minutes     | 74 minutes               | 100 minutes    |
| moderate pace | 40 min mod + 17 min fast | moderate pace  | fast pace      | moderate pace  | 40 min mod + 34 min fast | moderate pace  |

4

| MON           | TUE                      | WED            | THUR           | FRI            | SAT                      | SUN            |
|---------------|--------------------------|----------------|----------------|----------------|--------------------------|----------------|
| <b>2 mile</b> | <b>4 miles</b>           | <b>5 miles</b> | <b>5 miles</b> | <b>3 miles</b> | <b>5 miles</b>           | <b>6 miles</b> |
| 40 minutes    | 74 minutes               | 100 minutes    | 85 minutes     | 60 minutes     | 91 minutes               | 120 minutes    |
| moderate pace | 40 min mod + 34 min fast | moderate pace  | fast pace      | moderate pace  | 40 min mod + 51 min fast | 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](http://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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