

Walking for weight loss



Do not underestimate walking as a means of losing weight only because during training, sweat does not flow and the muscles do not ache. In fact, it is very effective.

Any kind of walking is always energy expenditure, which invariably leads to losing weight. The only question is how many calories are burned in the process of such a sport. This indicator depends on such factors as initial weight and speed.

For 1 kg of weight for an hour is spent:

in the average tempo (3-4 km / h) - 3.2 kcal;

at a fast rate (6-7 km / h) - 4.5 kcal;

at a very fast pace, almost running (8-9 km / h) - 10 kcal.

In order not to make complex calculations yourself, you can use the following table:

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Table of Contents Walking Workout Top Download

1. Understanding the eBook Walking Workout Top Download
 - The Rise of Digital Reading Walking Workout Top Download
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Top Download
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Walking Workout Top Download
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Top Download
 - Personalized Recommendations
 - Walking Workout Top Download User Reviews and Ratings
 - Walking Workout Top Download and Bestseller Lists
5. Accessing Walking Workout Top Download Free and Paid eBooks
 - Walking Workout Top Download Public Domain eBooks

- Walking Workout Top Download eBook Subscription Services
- Walking Workout Top Download Budget-Friendly Options
- 6. Navigating Walking Workout Top Download eBook Formats
 - ePub, PDF, MOBI, and More
 - Walking Workout Top Download Compatibility with Devices
 - Walking Workout Top Download Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Walking Workout Top Download
 - Highlighting and Note-Taking Walking Workout Top Download
 - Interactive Elements Walking Workout Top Download
- 8. Staying Engaged with Walking Workout Top Download
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Walking Workout Top Download
- 9. Balancing eBooks and Physical Books Walking Workout Top Download
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Walking Workout Top Download
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Walking Workout Top Download
 - Setting Reading Goals Walking Workout Top Download
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Walking Workout Top Download
 - Fact-Checking eBook Content of Walking Workout Top Download
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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