

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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Dr. Ashok Kumar & Mr. Prasad Salian



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Table of Contents Walking Workout Update Download

1. Understanding the eBook Walking Workout Update Download
 - The Rise of Digital Reading Walking Workout Update Download
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Update 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 Update Download
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Update Download
 - Personalized Recommendations
 - Walking Workout Update Download User Reviews and Ratings
 - Walking Workout Update Download and Bestseller Lists
5. Accessing Walking Workout Update Download Free and Paid eBooks

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