

YOUR 4-WEEK WALKING PLAN

Kickstart a walking habit and get fit in one month

WEEK 1	MON	TUES	WED	THUR	FRI	SAT	SUN
	Walk 5 minutes	Rest	Walk 10 minutes	Rest	Walk 15 minutes	Rest	Walk 5 minutes
WEEK 2	MON	TUES	WED	THUR	FRI	SAT	SUN
	Walk 10 minutes	Rest	Walk 20 minutes	Recovery	Walk 15 minutes	Rest	Walk 10 minutes
WEEK 3	MON	TUES	WED	THUR	FRI	SAT	SUN
	Walk 25 minutes	Rest	Walk 10 minutes	Recovery	Walk 25 minutes	Rest	Walk 10 minutes
WEEK 4	MON	TUES	WED	THUR	FRI	SAT	SUN
	Rest	Walk 15 minutes	Recovery	Walk 15 minutes	Rest	Walk 30 minutes	Rest

WARM-UP AND RECOVERY EXERCISES:



Standing
Knee Pull



Standing
Quad Pull



Hamstring
Scoop



Runner's
Calf Stretch

Weekly Ad Walking Workout Guide

SA Adler

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the SA Adler text.

Weekly Ad Walking Workout Guide:

The Complete Idiot's Guide to Walking For Health Erika Peters,2000-03-01 You re no idiot of course You ve been meaning to get on track to a happier healthier life and you ve heard that walking burns the same amount of calories as jogging But your path while paved with good intentions is also filled with roadblocks like having too little energy or too many unwholesome distractions Lace up your sneakers The Complete Idiot s Guide to Walking for Health will help you develop a walking program and be with you every step of the way In this Complete Idiot s Guide you get Simple steps to figure out your waist to hip ratio and fitness level Easy ways to stay motivated and energetic Time saving tips on incorporating walking workouts into your busy life Expert advice on how walking helps you age gracefully *ACSM's Complete Guide to Fitness & Health* American College of Sports Medicine,Barbara A. Bushman,2017-02-09 Here is the ultimate resource for maximizing your exercise and nutrition efforts In this new edition of ACSM s Complete Guide to Fitness Health you have an authoritative reference that allows you to apply research based guidance to your unique health and fitness needs With a focus across the life span this resource shows you how to pursue optimal health and fitness now and throughout the years to come The American College of Sports Medicine the largest and most respected sport science and medicine organization in the world has created this book to bridge the gap between science and the practice of making personal lifestyle choices that promote health This new edition contains age specific advice within the framework of the latest research thus helping you to avoid the lure of fads unfounded myths and misinformation You will learn these strategies Incorporate the latest guidelines for physical activity and nutrition into your daily routine to improve your fitness and overall health Optimize your weight and increase strength flexibility aerobic fitness and functional fitness Improve health and manage conditions such as diabetes cardiovascular disease cancer depression osteoporosis arthritis pregnancy and Alzheimer s disease through exercise and nutrition Monitor evaluate and tailor your exercise program for optimal results Featuring step by step instructions and full color photos for the most effective exercises sample workouts practical advice age specific physical activity and dietary guidelines and strategies for incorporating exercise and healthy nutrition choices into even the busiest of lifestyles ACSM s Complete Guide to Fitness Health is a resource that belongs in every fitness enthusiast s library *ACSM's Complete Guide to Fitness & Health, 2E* American College of Sports Medicine,Bushman, Barbara,2017-01-23 ACSM s Complete Guide to Fitness Health Second Edition offers the most current exercise and nutrition guidelines along with assessments exercises activities and programs for varying ages special conditions and fitness goals Authoritative and comprehensive it makes adding enhancing or customizing a fitness and health routine safe and effective Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton,2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit **The Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton,2007 Senior Fitness - U.S. Edition Vincent Antonetti, PhD,2013-11-22

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U S units PhD author TABLE OF CONTENTS What s In This eBook Health Risks Counter Measures The Benefits of Being Fit Cardio Self Assessment Strength Assessment Flexibility Assessment Body Weight Assessment BMI Based Weight vs Height Are You Eating Sensibly EXERCISE FUNDAMENTALS Calories Burned Types of Exercise Select the Right Exercise Aerobic Exercise How Hard Aerobic Target Training Zone Aerobic Exercise Intensity Level Aerobic Exercise How Often Aerobic Exercise Typical Workout Pulse Measurement Walking Program Jogging Program Your Body s Muscles Strength Building Programs More Strengthening Exercises Other Exercises Missed Workouts Exercising in Hot Weather Exercising in Cold Weather Exercise Risks and Problems Avoiding Injury Keep an Exercise Log Workout to Stay Healthy NUTRITION BASICS Our Disastrous Eating Habits Nutrients Micronutrients Proteins are Building Blocks You Need Carbs Glycemic Index Glycemic Load Cholesterol and Triglycerides Fats in Foods Vitamins and Minerals Phytonutrients Vitamin Mineral Supplements Guidelines for Healthy Eating Basic Food Groups Estimating Calories in a Meal You Need Fiber Water Water Everywhere Use Salt Sparingly Not Too Much Sugar Common Sense Nutrition Eat Slowly WEIGHT LOSS Energy Conservation Total Energy Requirements Activity Energy A Weight Loss Program When Does Weight Change Occur What About Counting Carbs Count Weight Watchers Points What Makes a Good Diet Simple Weight Loss Math Weight Loss

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Commercial News ,1913 The Rockport Walking Program James M. Rippe,1989 Based on research at the Rockport Walking Institute Dr James M Rippe and Ann Ward Ph D present an exciting new approach to health and vitality WALK

The Beginner's Guide to Power Walking Janice Meakin,2003 Suggesting a wide array of tips for staying motivated the author offers six graded training schedules to take readers from beginner status all the way to long distance and even marathon walker with gatefolds **National Printer Journalist** ,1921 **The Effect of a Twelve Week Progressive**

Walking and Exercise Program on the Morale of Adults Sixty Years and Older Mary L. Gissal,1980 **"Wentworth & Hill's Exercise Manual** George Albert Wentworth,1894 Walk It Off! Mark Fenton,2002 Fitness Walking Robert Sweetgall,James M. Rippe, Frank I. Katch,1985 An exploration of walking with Rob Sweetgall Dr Rippe and Dr Katch in a 50 50 walk for the health of it Walking is an exercise you can fit into any lifestyle and requires very little in the way of special

equipment to enjoy It can be done at aerobic levels that will make you feel more energetic strengthen the heart **Journal**
of Psycho-asthenics ,1902 **Your Active Way to Weight Control** Charles T. Kuntzleman,1980 **Evaluation of a**
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