



15
MINS

LOW IMPACT

INDOOR

WALKING

WORKOUT

Walking Workout Near Me

PT Brinkman

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the PT Brinkman text bar.

Walking Workout Near Me:

Walk Strong, Look Up Chantel Hobbs, 2011-09-01 One day Chantel Hobbs had had enough She vowed to lose weight and keep it off for good And that s exactly what she did Nearly 200 pounds lost and years later she shares with readers the power of the world s most natural exercise walking Almost anyone can do it it rarely causes injury it costs very little to get started and it can be done anywhere at any time Better yet it affords exercisers the opportunity to connect with their Creator Complete with workout routines tips on proper shoes and nutrition recipes for power shakes and even a free download of a thirty minute walking workout that includes music and Chantel s coaching *Walk Strong Look Up* is the whole package Chantel also reveals how walking and praying at the same time both intensifies the workout and adds a spiritual component to exercising that helps readers maintain their energy and enthusiasm Anyone who desires a stronger body and a deeper connection with God will love this book *Walk Your Butt Off!* Sarah Lorge Butler, 2013-02-26 Offers a simple walking program that can be completed in thirty minutes a day and will increase weight loss help break plateaus and accelerate fitness levels *Walk Off Weight* Michele Stanten, 2011-03-01 Walking is America s 1 form of exercise and with good reason It s easy cheap and can be done anywhere Prevention magazine takes fun low impact walking to the next level with a new 8 week program that will help you lose 3 times more weight and keep it off Designed by certified fitness trainer Michele Stanten the program jump starts weight loss with core and lowerbody strength exercises as well as special walking routines including interval walks which research shows burn calories twice as fast as regular walking Women who tried the program for 8 weeks Lost up to 22 pounds and 12 inches Lowered their blood pressure and blood glucose levels Had less back and joint pain Improved their posture balance flexibility and boosted their energy Paired with a delicious well balanced meal plan and easy strength training exercises *Walk Off Weight* also helps you pick out the perfect walking sneakers and gives you technique tips to increase your speed and avoid soreness or injury ***Walk Your Butt Off! (Enhanced Edition)*** Sarah Lorge Butler, Leslie Bonci, Michele Stanten, 2013-02-26 The enhanced edition of Prevention s practical walking program features exclusive video content including exercises to take readers from flabby to fit in 12 weeks This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster Developed by former Prevention fitness director and walking expert Michele Stanten *Walk Your Butt Off* will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day And at no more than 30 minutes each these daily walks can fit into even the busiest schedule Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci this easy step by step guide to permanent weight loss is suitable for everyone ***The Walking Solution*** Lee Scott, Michele Stanten, 2020 *The Walking Solution* offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of

every age and ability **Alone Time** Sybil Geldart, 2024-06-11 Being alone gives you the chance to think about yourself and your needs and goals without undue pressure distractions or interference The importance of personal space in a changing world In *Alone Time* clinical psychologist and professor of psychology Sybil Geldart PhD draws on personal anecdotes case studies and research to help you live well despite an ever changing world Taking time on your own allows you to take a slower more deliberate pace and explore inner strengths set goals and overcome problems Practicing solitude is an age old part of Eastern traditions of health and well being and ensuring some personal space and time alone when self initiated will help you live a more fulfilled life In *Alone Time* Dr Geldart shows how solitude allows us time for self reflection to gain self knowledge and to seek a better understanding of others Perfect for all life stages from school leavers and young professionals on *Alone Time* includes tips advice and exercises to help boost mental health and attain that elusive work life balance Dr Geldart also shows how voluntary distancing has numerous benefits in life from work and study to overcoming stress and anxiety and most of all in being emotionally healthy and inspired to work towards a healthy and happy future

Complications Todd Balf, 2020-07-21 His story begins as cliché an aging jock with nagging lower back pain For the better part of a year he ignores it convinced he has a slipped or herniated disk It's only when he can no longer ride a bike a lifelong passion that he makes the doctor appointment The problem isn't a disk it's a tumor on his spine the size of a softball In the summer of 2014 Todd Balf author of the acclaimed adventure tales *The Darkest Jungle* and *The Last River* was diagnosed with a rare spinal cancer called chordoma Only three hundred cases are diagnosed in the United States each year meaning that Balf was literally one in a million During two long and risky surgeries a team of specialists removed the tumor and buttressed his damaged spine with a scaffolding of metal rods Having survived the surgery itself a minor miracle Balf was told that with some rehab and follow up radiation he would soon be back to his former athletic self He wasn't The surgery had resulted in a spinal cord injury that left one of his legs partially paralyzed Give it time his doctors advised The nerves might heal Thus began Balf's membership in a tribe The disabled He imagined his own disability would be temporary a short visit to a foreign land He spent years test piloting remedies that might spark his spinal nerves back to life With the same gusto and good humor that he brought to his work as a writer he searched for the perfect treatment anti gravity treadmills adaptive bikes endless rehab and trips to the gym and why not a few long distance cycling events His wife and children long accustomed to Balf's kinetic energy and sometimes harebrained schemes cheered him on and hoped for the best Then came unexpected surgery to repair broken rods in Balf's spine followed by yet another complication a stroke that jeopardized not only his recovery but his professional career Balf wasn't just one in a million Thanks to his unresolved spine injury topped off with a stroke he was now an n of 1 a single case study Before his long medical misadventure Balf had always relished being one of the healthiest and fittest people around Now he was unique for all the wrong reasons *Complications* recounts Balf's journey from cancer diagnosis to his present day reality as a man caught between two worlds Both moving and irrepressibly

joyful Complications is a forthright account of what it s like to suffer a physical catastrophe and manage the uncertainty that comes with it What s the right balance between striving to recover and accepting limitations Was he still just visiting the land of the disabled or there for good Who was Todd Balf now

Atlanta ,2004-05 Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region

American Tropics Rock Holliwood,2012-11-20 American Tropics is a story of one mans journey from LA toMiami toKey Westto LA and then to theHawaiian Islandsto visit the most tropical parts ofAmerica The protagonist who is a member of Generation X tells the story about his adventures and the characters that he meets along the way The book is a journey reading it you will go on a journey in your imagination to the most southern extremes of theUnited States to the continental south point close to the Hemingway House inKey West Florida and to the south point of theHawaiian Islands It will take you to celebrate the exuberance and joy of being a member of Generation X while traveling through the most tropical parts of the great experiment in freedom and wealth America It is a story of beauty joy and exhilaration where the author takes the advice of Thomas Jefferson and travels to the most tropical parts of the states to experience Life Libertyand the Pursuit of Happiness American Tropics is the story of one mans generational dream and a call to every member of the generation to take up arms against a sea of dreariness to have more fun pursuing happiness in the American Tropics It is a story for a generation that dislikes its name Generation X and a call to this 13th generation of theUnited States to wake up to the immense beauty of modern life and to pick up from where the Summer of Love generation left off The book is a generational dream from a Generation X author

The 120 Club - Living the Good Life for 120 Years Philip Rose,2004-07-29 The 120 Club Living the Good Life for 120 Years By Philip Rose In his book The 120 Club Living the Good Life for 120 Years Phil Rose wants us to imagine that living to 120 years is possible He imagined this long before consulting the longevity experts many of whom had reached the same conclusion living to 120 is the natural life span for humans In The 120 Club Living the Good Life for 120 Years Phil Rose presents his Ten Wisdoms for living a balanced and rational life His ideas stand in contrast to much of what is out of balance in our world In addition to the more widely accepted and discussed areas of nutritional supplements diet and exercise Phil Roses program of ten wisdoms includes an in depth analysis of Learning effective and practical ways to reduce stress and heal emotional hurts Managing money and finding

meaningful work Living outside the box through personal creativity and play Enjoying the rewards and inner peace of an authentic spiritual life Participating in the essential healing powers of Mother Earth Gaining and keeping long time friendships alive Using alternative healers and Western doctors to repair and heal the body Experiencing personal power to transform the world The 120 Club Living the Good Life for 120 Years is not a quick fix book but one that is meant to accompany you over a lifetime There is no pre requisite to join The 120 Club other than the total and joyful decision to transform your now long and healthy life The 120 Club is THE survival manual for this century Bob Bodgan Professor of Sociology and Education Syracuse University There are books aplenty that urge us to fix the world and as many that guide us in healing the body and soul In these pages Phil Rose wisely shows that to be fully alive is to be fully engaged spiritually politically and personally Read on live well live long Jack Manno Executive Director of the Great Lakes Research Consortium and author of Privileged Goods *Walking 85,000 Miles to Aide Humanity and Have Fun* Tom Kline,2022-01-13 Tom Kline has been an adventure racewalker for fifty years He has walked the remotest lands on our planet alone and on foot Experience the sensation of being lost at night walking the vast Sahara Desert and dodging bears wolves and screeching puffin birds in his quest to encounter the Arctic Circle Join Tom as he accompanies desperate Nicaraguan families up remote jungle rivers avoids bandits across Panama and confronts opium dealers in Laos Tom will also escort you through the romance of Europe the intrigue of South America and the mystery of Asia and Africa s ancient lands Yet Tom Kline is also a humanitarian To support the global fight against malaria Tom became the first person to walk 6 500 miles across the barren tundra of Alaska over the Rocky Mountains and nine years later triumphantly arrive in Key West Florida Tom walked from New York to Washington DC to plead to Congress on behalf of inner city poor and wobbled again hundreds of miles to support drug treatment funding for juvenile diabetes and so much more Tom Kline s view of life can be summed up as follows We can change our complex world one mile at a time even if it means walking eighty five thousand of them **Seven Soulful Secrets: For Finding Your Purpose and Minding Your Mission** Stephanie Stokes Oliver,2002-09-24 From the author of Daily Cornbread Seven Soulful Secrets will motivate women to become not just better than they are but the best they can be In a tone that is as encouraging and comforting as your favorite quilt veteran journalist and NiaOnline editor in chief Stephanie Stokes Oliver shows women of all ages how to get the most out of life by finding their purpose and minding their mission In seven wonderfully crafted chapters Stokes Oliver reveals her soulful secrets in a simple but potent acronym that spells PURPOSE Purpose plan persevere and follow your own personal mission Ultimacy release your best ultimate self Relaxation reduce stress and incorporate daily self care into your routine Positivity claim the joy in your life and celebrate yourself Optimum health make the commitment to self improvement health and fitness Spirituality develop and maintain a connection to God Spirit Esteem boost your self esteem and create healthy relationships At once a practical how to book and a spiritual guide Seven Soulful Secrets speaks directly to the African American women who embraced Daily Cornbread and to

all women eager to live a life that is authentic vibrant and fulfilling The Second Time Around , Working Mother
,1993-05 The magazine that helps career moms balance their personal and professional lives *Prevention's Shortcuts to*
Big Weight Loss Chris Freytag,2007-12-26 A personal trainer and lifestyle expert introduces a series of ten minute workouts
to help readers lose weight burn fat slim and tone problem areas and promote overall fitness *Boil the Frog* Dennis
McVicker,2022-07-05 The primary appeal that Boil the Frog will have for most people grabbing it off the shelf or off the
internet will be the step by step guide on how to lose the weight you want to lose However this book will actually surprise
you about how it dives deep into the very depths of your mind to find where you got lost and show you how to come back
even from addiction It will show you how to find who you were before the world told you different and about why you behave
a certain way but most importantly it will show you how you can fix it Boil the Frog shows you how to strip all that away and
become the person you were supposed to be to be the best version of yourself Take this book home for the weight loss it
really can help you with that but keep it as a guide for life in general and pay it forward Help others as it helped you share
your success and together we can all become the best versions of ourselves *Discovering Orienteering* Orienteering
USA,Charles Ferguson,Robert Turbyfill,2013-03-26 Engaging the mind and toning the body orienteering offers a mind body
workout that builds confidence problem solving skills and an appreciation for the natural environment Written in an engaging
manner Discovering Orienteering Skills Techniques and Activities offers a systematic approach to learning teaching and
coaching orienteering Discovering Orienteering presents the basic skills and techniques of the sport for beginners It also
functions as a review for advanced orienteers featuring stories of orienteering experiences to illustrate the fun challenge and
adventure of the sport An excellent resource for physical educators recreation and youth leaders and orienteering coaches
Discovering Orienteering distills the sport into teachable components relating to various academic disciplines provides an
array of learning activities and includes an introduction to physical training and activities for coaching beginning to
intermediate orienteers Guidelines take eager beginners beyond the basics and prepare them to participate in orienteering
events More than 60 ready to use activities assist educators in applying the benefits of orienteering across the curriculum
Developed in conjunction with Orienteering USA OUSA Discovering Orienteering addresses the methods techniques and
types of orienteering commonly found throughout the United States and Canada Authors Charles Ferguson and Robert
Turbfill are experienced orienteers with expertise as trainers and elite competitors Ferguson and Turbyfill also have
backgrounds in education with a variety of teaching experiences lending to the book s utility as a resource for introducing
orienteering in a physical education or youth recreation setting Discovering Orienteering begins by explaining the basics of
orienteering including a brief history of the sport followed by information on fitness nutrition safety and tools and equipment
After this introduction readers learn orienteering skills techniques and processes using the OUSA s systematic teaching and
coaching methodology Next readers learn how to apply these skills techniques and processes to an event situation

Orienteering ethics and rules are discussed including the ethical use of special equipment Information is also included to help readers prepare for and compete in an orienteering event Activities in the appendix are presented in a concise lesson plan format indicating the skills or techniques covered in the activity level of expertise required and equipment needed Discovering Orienteering Skills Techniques and Activities offers an excellent introduction to the sport for beginners and a comprehensive resource for educators youth leaders and coaches With its systematic approach Discovering Orienteering can help readers chart a course to fun and adventure in the great outdoors *Evolution Invisible Ghost* Leonard

Jones,2011-01-25 My story wants to go back to December of the 1980 s and swallow my pride I want to realize the truth and wishing for my freedom and all men freedom Casted from society in the back of my mind I wanted to love I wanted to dream And I believe I am sorry for the pains that were injured If I could go back I will be at and try making life alright and change with the songs Proverbs *Monica Brant's Secrets to Staying Fit and Loving Life* Monica Brant,2005 Monica Brant s expertise in fitness comes from years of hard work and dedication which have catapulted her to the top of the fitness industry In Monica Brant s Secrets to Staying Fit and Loving Life she shares the real life concerns and challenges of women providing an approachable yet super effective method of shaping the body through exercise and nutrition It provides several training programs for different goals and timeframes from quick circuit workouts to intensive muscle building regimens all fully photo illustrated The book also included a simple guide to nutrition with meal ideas and recipes and is packed from beginning to end with tips on self motivation *Fitness Walking For Dummies* Liz Neporent,2011-05-04 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it s a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you can accumulate this hour over the course of a day Fitness Walking For Dummies is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it If you re already a walking fanatic you ll find out how to become a better fitness walker This easy to understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals choosing shoes and considering nutrition to optimize your workout Fitness Walking For Dummies also covers the following topics and more Warm up and cool down routines Strength training The four levels of walking Lifestyle Fitness High Energy Walk Run Weight training routines and stretches that add variety Buying and using a treadmill Age pregnancy and walking with your dog Dealing with pain and injuries Like 67 million other people in the United States who log over 201 million miles a year you want to take advantage of all of the great things a regular walking program can do for you Whether your goal is to improve your health or your appearance lose weight get stronger feel good about yourself or all of the above walking can

help you get to where you want to go This book can help you do that by showing you everything you need to know about starting and maintaining a walking program

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