

# YOUR 4-WEEK WALKING PLAN

Kickstart a walking habit and get fit in one month

| WEEK 1 | MON<br>Walk<br><b>5</b><br>minutes  | TUES<br>Rest                         | WED<br>Walk<br><b>10</b><br>minutes | THUR<br>Rest                         | FRI<br>Walk<br><b>15</b><br>minutes | SAT<br>Rest                         | SUN<br>Walk<br><b>5</b><br>minutes  |
|--------|-------------------------------------|--------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| WEEK 2 | MON<br>Walk<br><b>10</b><br>minutes | TUES<br>Rest                         | WED<br>Walk<br><b>20</b><br>minutes | THUR<br>Recovery                     | FRI<br>Walk<br><b>15</b><br>minutes | SAT<br>Rest                         | SUN<br>Walk<br><b>10</b><br>minutes |
| WEEK 3 | MON<br>Walk<br><b>25</b><br>minutes | TUES<br>Rest                         | WED<br>Walk<br><b>10</b><br>minutes | THUR<br>Recovery                     | FRI<br>Walk<br><b>25</b><br>minutes | SAT<br>Rest                         | SUN<br>Walk<br><b>10</b><br>minutes |
| WEEK 4 | MON<br>Rest                         | TUES<br>Walk<br><b>15</b><br>minutes | WED<br>Recovery                     | THUR<br>Walk<br><b>15</b><br>minutes | FRI<br>Rest                         | SAT<br>Walk<br><b>30</b><br>minutes | SUN<br>Rest                         |

## WARM-UP AND RECOVERY EXERCISES:



Standing  
Knee Pull



Standing  
Quad Pull



Hamstring  
Scoop



Runner's  
Calf Stretch

# Walking Workout This Month Sign In

**Joacim Rocklöv**

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the name bar.

## **Walking Workout This Month Sign In:**

*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 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 **Fitness for Life** Charles B. Corbin, 2010 A program that focuses attention on schoolwide wellness during four weeks of the school year Helps schools incorporate coordinated activities that will enable them to meet national standards and guidelines for physical activity and nutrition *Walk Your Way Fit* Sarah Zahab, 2025-07-21 *Walk Your Way Fit* offers proven walking programs for all fitness levels and goals It covers topics such as walking form strength exercises dynamic warm ups active and static stretches modifications and amplification tips and strategies helping readers find enjoyment and success in reaching their health and fitness goals *Staying Alive* Matthew Hahn, 2017-01-10 *Staying Alive* is the ultimate medical survival guide for the twenty first century patient Written by the award winning family physician Dr Matthew Hahn the book details what most effectively saves patients lives and keeps them well Drawing on his extensive experience Dr Hahn teaches you to spot life threatening symptoms and recognize medical emergencies in time He then follows up with advice on taking advantage of available preventative care and changing your lifestyle to avoid these emergencies in the future The book is divided into three sections 1 Sixty Two Medical Complaints That Should Never Be Ignored As part of their medical education doctors are taught certain classic symptoms that are the first sign of a serious medical condition The intent of this section is to teach you those important signs and symptoms so that you know when you need to see a doctor immediately 2 The Miracles of Twenty First Century Medicine A revolution has taken place in the medical sciences In this important section you will learn about the true miracle that is modern preventive medical care 3 The Be Healthy Workbook The true secret to health and wellness is healthy eating and regular exercise The Be Healthy Workbook provides a tested simple systematic method to developing and maintaining healthy eating and exercise habits Each section includes real life cases and illustrations that will bring this essential advice to life **Walking the Weight Off For Dummies** Erin Palinski-Wade, 2015-04-15 Get up get moving and walk away the pounds If you're looking to

lose weight and get fit Walking the Weight Off For Dummies will show you just what to do to walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you ll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you ll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health Figure out the best techniques to avoid injury and achieve your specific fitness goals Dive into nutrition tips for fueling up before and after walks to maintain health Discover how you can fit walking into your life regardless of your age gender and current weight If you ve always wanted to incorporate walking into your routine to boost your health and effectively lose weight Walking the Weight Off For Dummies will show you how

Jetstream Journal ,2000      **The Child Welfare Manual** ,1915      **Wallace's Monthly** ,1886      *New Dominion Monthly* ,1878      *British Medical Journal* ,1901      **Journal of the American Medical Association** ,1888      *Dr. James M. Rippe's Complete Book of Fitness Walking* James M. Rippe,1989 The world s leading expert on walking for fitness has written the most comprehensive book available Special advice on walking for women for people over fifty for injury and cardiac rehabilitation for pregnant women plus walking gear preventing injury motivation stretching hiking nutrition and more

**Monthly Bulletin** City of Chicago Municipal Tuberculosis Sanitarium,1925

**Harper's New Monthly Magazine** ,1878 Important American periodical dating back to 1850      *Training School Bulletin* General Assembly's Training School for Lay Workers (Richmond, Va.),1916      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 walk fot the health of it Walking is an exercise yu 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

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