



AT HOME

15 MINUTE WALKING WORKOUT

FOR
SENIORS

Walking Workout Top Sign In

Frankwood Earl Williams

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

Walking Workout Top Sign In:

Walking For Fitness Nina Barough, 2016-12-06 Discover the benefits of power walking and take simple steps to boost your energy levels with Walking for Fitness Whether you want to include walking in your workout regimen or simply want to be more active and reach the recommended 10 000 steps a day this collection of strategies can help you maximize the benefits of fitness walking Seven 12 week long walking programs target a range of goals from weight loss to completing a marathon Step by step photographs demonstrate correct techniques and stretching and strengthening exercises are explained to complement your walking program and help you improve your overall well being Now revised and updated Walking for Fitness provides you with everything you need to achieve good health increased vitality and weight loss No matter your age or fitness level make every step count with Walking for Fitness **The Walking Solution** Lee

Scott, Michele Stanten, 2019-06-24 If you're a fitness professional eager to expand your program offerings a wellness coach who wants to help your patients become more active or a personal trainer trying to attract new clients walking can be your low cost solution Learn the 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 The Walking Solution will help you create innovative programs to engage individuals across the fitness spectrum Introduce a program for inactive individuals to get moving or challenge experienced clients with a new cross training activity In The Walking Solution you will discover the four progressions of walking technique how to increase intensity and how to incorporate strength building exercises to get the most out of every walk Clear instructions and photos show the dynamic and static stretches that help to ensure safety and improve performance Case studies describe unique and successful walking programs that you can customize for your own clients You will also learn the key business strategies that allow you to increase revenue and reach new audiences to expand your clientele You will also get access to customizable business development resources such as waivers and marketing plans Transform lives using the simple and effective strategies in The Walking Solution and help all your clients experience improved mental and physical well being Get your clients and your business moving today Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam **My Walk with Hue** William M. Lee, 2017-03-23 This is an inspirational story based on real life events that leads to a discovery of Bill's own humanity After a tragic event Bill is guided through his past to reveal four pillars of spirituality The discovery reveals a path of life filled with opportunities The struggle for bigger dreams in life competes with a darkness of complacency The four pillars form one final lesson as darkness sets in again revealing the foundation of life Upon reflection of his journey the path revealed God's guiding hand Intertwined with a miracle or two along the way the disciplines became the foundation for his future success **Walk Yourself Well** Nina

Barough, 2025-05-13 If you thrive on hitting your daily step count this book is for you In Walk Yourself Well walking expert

Nina Barough will teach you how to make the most out of every step from mastering your technique and setting your pace to walking in different climates and terrains Go that extra mile and get inspired with Nina s motivational training programs research backed tips to get the most out of every step plus inspirational walks from around the world for every level Whether you want to improve your health increase your fitness or boost your mood walking has a host of benefits with no fuss and no expensive gym membership required So lace up your shoes program your smartwatch and step into a fitter healthier you

The Awakening of Rae Sananda Allsgood,2022-08-01 Rae came from a conservative religious family and lived that life with her family until her husband Frank was sent to Afghanistan for nine months Looking for something to pass that time she signed up for a yoga class offered through the base recreation center Rae met another military wife who was also taking the class Meeting Andrea started Rae down a path into a whole new lifestyle and the realization that marriage children and adult responsibilities didn t equal being old and stale Doors began to open for her that had never been thought of prior Was she prepared for the journey she was embarking on and how would her upbringing figure into it *How to Walk Away* Katherine Center,2018-05-15 From the author of *Happiness for Beginners* comes the instant New York Times bestseller May 2018 an unforgettable love story about finding joy even in the darkest of circumstances Margaret Jacobsen is just about to step into the bright future she s worked for so hard and so long a new dream job a fianc she adores and the promise of a picture perfect life just around the corner Then suddenly on what should have been one of the happiest days of her life everything she worked for is taken away in a brief tumultuous moment In the hospital and forced to face the possibility that nothing will ever be the same again Maggie must confront the unthinkable First there is her fianc Chip who wallows in self pity while simultaneously expecting to be forgiven Then there s her sister Kit who shows up after pulling a three year vanishing act Finally there s Ian her physical therapist the one the nurses said was too tough for her Ian who won t let her give in to her pity and who sees her like no one has seen her before Sometimes the last thing you want is the one thing you need Sometimes we all need someone to catch us when we fall And sometimes love can find us in the least likely place we would ever expect *How to Walk Away* is Katherine Center at her very best a masterpiece of a novel that is both hopeful and hilarious truthful and wise tender and brave Praise for *How to Walk Away* A heartbreak of a novel that celebrates resilience and strength Jill Santopolo bestselling author of *The Light We Lost* If you just read one book this year read *How to Walk Away* Nina George New York Times bestselling author of *The Little Paris Bookshop* Warm witty and wonderfully observed Emily Giffin New York Times bestselling author of *First Comes Love* Sympathetic and refreshing Elinor Lipman bestselling author of *The Family Man* I can t think of a blurb good enough for this novel poignant funny heartbreaking Jenny Lawson bestselling author of *Furiously Happy* [Walk East Midlands](#) Chris Thompson,2005 **Walk** David Bathurst,2018-03-08 Whether you prefer a leisurely ramble through woods a meandering city stroll a blustery seaside promenade or a vigorous mountain hike you ll be enthralled by the stories excerpts of classic writing trivia and practical tips in this book perfect for

anyone who loves the freedom of lacing up their hiking boots and heading for the hills *Walking Cincinnati* Danny Korman, Katie Meyer, 2019-06-11 Get to Know the Vibrant and Historic Neighborhoods of Cincinnati Ohio Grab your walking shoes and become an urban adventurer Danny Korman and Katie Meyer guide you through 35 unique walking tours in this comprehensive guidebook From historic railroad suburbs to quaint river towns go beyond the obvious with tours that showcase hidden streets architectural masterpieces and diverse cultures Enjoy the fountains gardens and sounds of sports at Smale Riverfront Park Cross from Ohio to Kentucky and back again along the wondrous Purple People Bridge Experience colorful neighborhoods such as Over the Rhine and Mount Adams Each self guided tour includes full color photographs a detailed map and need to know details like distance difficulty and more Route summaries make each walk easy to follow and a Points of Interest section lists the highlights of every tour The walks commentaries include such topics as neighborhood history local culture and architecture plus tips on where to dine have a drink and shop The 35 self guided tours lead you through one of the country's best walking cities So whether you're looking for a short stroll or a full day of entertainment you'll get it by Walking Cincinnati

[Walks, Tracks and Trails of Queensland's Tropics](#) Derrick Stone, 2016-03 Queensland's tropics provide numerous environments for enjoyable walking lush rainforests cloud shrouded mountains extinct volcanoes savanna woodlands and magnificent beaches on the coast and Great Barrier Reef islands This book brings together more than 150 of the best walks tracks or trails in Queensland's tropics located within the coastal strip between Rockhampton and Cooktown Walks vary from short boardwalk strolls in the lowland rainforests of Daintree National Park to 4-6 day hiking and camping trips on Hinchinbrook Island Other routes follow old gold miners and forestry tracks or coaching routes or feature historical sites rivers lagoons geological and geographical formations or much earlier Aboriginal communication tracks where Dreamtime stories add a further dimension Man made environments of abandoned gold towns heritage riverfronts Art Deco streetscapes and Second World War installations also feature Most routes are best completed during the Dry season May to October and walked by moderately fit individuals Most do not require specialist navigation or bushcraft skills Walks Tracks and Trails of Queensland's Tropics highlights the best the region has to offer Easy to interpret maps are included to help you navigate and the book's size makes it convenient to carry in the backpack

A Man Walks On To a Pitch Harry Redknapp, 2014-10-09 When a man walks on to a pitch there's always a chance something magic can happen that's what keeps us coming back In *A Man Walks On To a Pitch* Harry shares a lifetime's experience of obsessing over football during which he has seen it all first hand the good the bad and the unbelievable Harry started in an age where players were ordinary blokes who might live on the same street as you and earn a similar wage Now he manages in an era of player power multi million pound wages and teams assembled from around the globe As he shares stories of some of the legends and journeymen he played coached argued and drank with Harry picks a team for each decade from the 1950s to the present He gets to the heart of what was right and wrong with each era and explores the changes in the game from lifestyle to tactics He

weaves his choices together with unforgettable tales from the training pitches boot rooms and card schools There are tales of the untutored genius of Duncan Edwards and Tom Finney legendary tough Scots like Bobby Collins Dave Mackay and Billy Bremner the world beaters of 1966 unpredictable one off wizards from Sir Stanley Matthews to Matt Le Tissier natural born goalscorers from Greaves to Dalglish and the greatest foreign players to grace our game from Trautmann to Bergkamp It is one of the best informal histories of the British game you ll ever read A Fit Way of Life Gwen Robbins,Debbie

Powers,Sharon Burgess,2008 *Hiking Tennessee* Victoria Steele Logue,2015-04-20 Hiking Tennessee is your complete guide to 83 of the most scenic day hikes in the Volunteer State From the Woodland Trail in Meeman Shelby Forest State Park to the Hidden Passage Trail in Pickett State Park to the Great Smoky Mountains National Park this handy guide will lead you to the best trails throughout the state In this one of a kind resource you ll find the following features Detailed descriptions complete with GPS coordinates for every hike in all three regions of Tennessee Special points of interest including Civil War era and Native American historical sites descriptions of the topography flora fauna and climate estimated hiking time and distance and difficulty ratings for each trail Phone numbers and websites park hours and rules and available facilities for the state s most scenic hiking areas Easy to read maps for every park and trail to help you navigate your hike and locate landmarks and other points of interest A convenient trail finder that provides a summary of each trail s features and available facilities Hiking Tennessee brings to life the history terrain wildlife and natural features of each area The vivid descriptions of the foliage animals and well known and local historical accounts of each area provide an invitation to explore and experience the trails for yourself Hiking Tennessee is your guide to enjoying the great outdoors Stopping the Clock

Ronald Klatz,Robert Goldman, M.D.,1997-07-01 Why many of us will live past 100 and enjoy our extra years In *Stopping the Clock* two pioneers of anti aging medicine show how we can start now to regain energy and vitality halt or reverse damage to our bodies and avoid the diseases heart attack arthritis cancer diabetes that do most to reduce current life expectancy In sixteen fully documented information packed chapters Klatz and Goldman detail an up to the minute longevity program including The key anti aging hormones Melatonin DHEA and human growth hormone how to take them and precautions to use The sex hormones the role of estrogen and progesterone supplementation including natural alternatives to prescription hormones plus new research on testosterone supplementation for men and women The role of the miracle minerals chromium selenium and magnesium and the latest information on the key anti oxidant vitamins and how to take them A thyroid support program to avoid the many dangerous effects of thyroid deficiency A sensible approach to anti aging exercise plus 25 ways to defeat the aging effects of stress The life long diet including the top 25 healing foods A longevity test to determine your current estimated lifespan Personal longevity programs including daily supplement regiments from 28 leaders of anti aging medicine Glossary of 75 anti aging substances available at health food stores **Cholesterol Down**

Janet Bond Brill, PhD, RD, LDN,2006-12-26 Take control of your cholesterol without using drugs Renowned nutrition and

fitness expert Dr Janet Brill presents a comprehensive holistic ten step plan to lowering your LDL so you can reduce the risk of heart disease stroke and more The simple consistent and inexpensive lifestyle therapy outlined in Dr Brill s Cholesterol Down Plan could be the most important investment you make in your future health Jennifer H Mieres M D from the foreword If you are one of the more than 100 million Americans struggling with high cholesterol then Dr Janet Brill offers you a revolutionary new plan for taking control of your health without the risk of statin drugs With Dr Brill s breakthrough Cholesterol Down Plan you simply add nine miracle foods to your regular diet and thirty minutes of walking to your daily routine That s all This straightforward and easy to follow program can lower your LDL bad cholesterol by as much as 47 percent in just four weeks Cholesterol Down explains Dr Brill s ten point plan as well as the science behind it You ll learn how each miracle food affects LDL cholesterol and how the foods work together for maximum effect as well as How eating whole grains helps reduce LDL cholesterol in your bloodstream Why antioxidants keep plaque from building up in your arteries How certain steps change the structure of the LDL cholesterol particles and why it s best for them to be large and fluffy Why walking just thirty minutes a day cuts dangerous belly fat With everything you need to stay focused on the plan including a daily checklist a six month chart for tracking LDL cholesterol change tools for assessing your risk level for cardiovascular disease sample weekly menus and even heart healthy recipes Cholesterol Down is the safe and effective alternative or complement to statin drugs

Cholesterol Down Janet Bond Brill PhD, RDN, FAND, 2009-01-21 Take control of your cholesterol without using drugs Renowned nutrition and fitness expert Dr Janet Brill presents a comprehensive holistic ten step plan to lowering your LDL so you can reduce the risk of heart disease stroke and more The simple consistent and inexpensive lifestyle therapy outlined in Dr Brill s Cholesterol Down Plan could be the most important investment you make in your future health Jennifer H Mieres M D from the foreword If you are one of the more than 100 million Americans struggling with high cholesterol then Dr Janet Brill offers you a revolutionary new plan for taking control of your health without the risk of statin drugs With Dr Brill s breakthrough Cholesterol Down Plan you simply add nine miracle foods to your regular diet and thirty minutes of walking to your daily routine That s all This straightforward and easy to follow program can lower your LDL bad cholesterol by as much as 47 percent in just four weeks Cholesterol Down explains Dr Brill s ten point plan as well as the science behind it You ll learn how each miracle food affects LDL cholesterol and how the foods work together for maximum effect as well as How eating whole grains helps reduce LDL cholesterol in your bloodstream Why antioxidants keep plaque from building up in your arteries How certain steps change the structure of the LDL cholesterol particles and why it s best for them to be large and fluffy Why walking just thirty minutes a day cuts dangerous belly fat With everything you need to stay focused on the plan including a daily checklist a six month chart for tracking LDL cholesterol change tools for assessing your risk level for cardiovascular disease sample weekly menus and even heart healthy recipes Cholesterol Down is the safe and effective alternative or complement to statin drugs

Sports & Exercise Injuries Steven I.

Subotnick,1991 Dr Subotnick has developed an integrative approach to foot health and to sports medicine that is truly a model for the modern physician The comprehensive nature of the book and the practical information that it provides makes it accessible to all health professionals as well as for the general public **Ebony** ,2002-10 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine *ADVANCED HILL TRAINING* Rahul Mookerjee,2018-02-20 If the idea of eating more and weighing less sounds appealing to YOU you re at the right page so keep reading my friend If the idea of eating more and weighing less sounds ludicrous and downright unbelievable to you well you re still at the right place although you re wrong and you ll soon find out why If the idea of burning nay incinerating body fat off yourself quicker than lard off a greasy pork chop on a George Foreman grill sounds appealing well READ ON And yes you read the quicker part right These routines will literally start to melt fat off your body as you DO the actual exercises You ll literally see your body changing shape before your very eyes as you huff puff and pant like NEVER before The sweat will start pouring within the space of a few seconds and the heart will start pounding like a runaway sledgehammer on speed Your ENTIRE body will shake from head to toe after about 10 seconds or so of doing some of these routines at the right cadence and a minute or 2 minutes Well let s just say that even advanced BODYWEIGHT trainees will fall flat on their faces the first time they attempt some of the stuff I m outlining here And the average gym goer well he or she will be doing good to simply get into some of the positions mentioned here in let alone actually go for any period of time in terms of the exercises And amidst all this you ll lose weight OODLES of it and FAST Most importantly though you ll learn about the secret keys to burning fat off quickly and boatloads of it at that within the space of a few minutes or seconds when you first start out Hint it s not long drawn out routines at the gym and no it s NOT sessions on the treadmill and it certainly isn t pounding the pavement for hours until your bones joints and muscles literally CREAK with exhaustion Here are but SOME of the benefits you WILL get from following these exercises routines The secret KEY S that will enable you to blast fat off your frame quicker than ever before And guess what though this works the best on hills you can certainly incorporate these keys into flat ground training as well Overall core strength from Cain and a solid chiseled midsection that will be the envy of onlookers The ability to literally see and feel fat melting off your frame specifically your midsection as you do these exercises And you will know what I mean once you cast a downward eye at your midsection as your gasping for AIR after a tough set of some of this A solid upper body workout and powerful wrists forearms shoulders and upper back all WITHOUT doing a single pushup or pull up Slim yet powerful thighs and toned strong calves with that diamond bursting out shape you ve always wanted yet never been able to get You ll be BUZZING with energy literally all day long after a few minutes of doing these exercises Rid yourself of irritable bowel syndrome the bane of modern day living it seems a bloated Buddha Belly that seems to bulge in all the wrong areas if you get my drift constipation another modern day malady and a host of other digestive issues that have likely been plaguing you for a while now You ll be loose and

limber all day long after just a few SECONDS of these exercises and will feel like a trillion bucks as well Again that energy will just RADIATE from you onlookers will be amazed at the change in your internal energy levels and YOU will be left stunned at the ease and speed with which you tackle projects which previously took you forever or never to finish Sample workouts that will get the blood ROARING and the fat burning incinerator in your body going FULL BLAST but guess what These are but a few workouts The SKY and your imagination are the limit here in terms of the sheer number of workouts you can put together using these movements

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

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