

Lose Weight, Feel Great: The Ultimate Guide to Walking Your Way Thin!

Are you ready to transform your body and your life?

Diary to Lose Weight Walking in 90 Days Annotated is the ultimate guide to walking your way to a healthier, happier you. This book is packed with everything you need to know to get started, including expert advice, step-by-step instructions, and a supportive community.



DIARY to Lose Weight Walking in 90 Days annotated!

by Elizabeth Becker

★★★★☆ 4.3 out of 5

Language : English
File size : 1071 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 81 pages
Lending : Enabled



What's inside?

- **Expert advice:** Get the latest tips and advice from fitness experts on how to walk for weight loss.
- **Step-by-step instructions:** Follow our easy-to-follow instructions to create a walking plan that's right for you.

- **A supportive community:** Join our online community of walkers and get support and motivation from people who are on the same journey as you.

Benefits of walking for weight loss

- **Burns calories:** Walking is a great way to burn calories and lose weight.
- **Improves heart health:** Walking can help to improve your heart health by lowering your blood pressure and cholesterol levels.
- **Strengthens bones and muscles:** Walking can help to strengthen your bones and muscles.
- **Reduces stress:** Walking can help to reduce stress levels.
- **Improves mood:** Walking can help to improve your mood and energy levels.

How to get started

1. **Set a goal:** Decide how much weight you want to lose and set a realistic goal for yourself.
2. **Create a walking plan:** Decide how often and for how long you will walk each day.
3. **Find a walking buddy:** Walking with a friend can help you stay motivated.
4. **Get the right gear:** Wear comfortable shoes and clothing that will keep you cool and dry.

5. **Start walking!** Just get out there and start walking. The more you walk, the easier it will become.

Tips for success

- **Be consistent:** Walk regularly, even if it's just for a short period of time.
- **Increase your intensity:** Gradually increase the speed and distance of your walks.
- **Listen to your body:** If you experience any pain, stop walking and consult with a doctor.
- **Stay hydrated:** Drink plenty of water before, during, and after your walks.
- **Have fun!** Walking should be enjoyable, so find ways to make it fun for yourself.

Free Download your copy today!

Diary to Lose Weight Walking in 90 Days Annotated is available now on Our Book Library. Free Download your copy today and start walking your way to a healthier, happier you!



28 Day Walking Challenge For Beginners



LOVE LIFE BE FIT

	MON	TUE	WED	THUR	FRI	SAT	SUN
1	1 mile 25 minutes slow pace	1.5 miles 35 minutes 25 min slow + 10 min moderate	1.5 miles 30 minutes moderate pace	2 miles 45 minutes 25 min slow + 20 min moderate	2 miles 40 minutes moderate pace	2 miles 37 minutes 30 min moderate + 7 min fast	3 miles 60 minutes moderate pace
2	1 mile 20 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 50 minutes moderate pace	3 miles 52 minutes fast pace	2 miles 40 minutes moderate pace	3 miles 57 minutes 40 min mod + 17 min fast	4 miles 80 minutes moderate pace
3	2 miles 40 minutes moderate pace	3 miles 57 minutes 40 min mod + 17 min fast	4 miles 70 minutes moderate pace	4 miles 58 minutes fast pace	2 miles 40 minutes moderate pace	4 miles 74 minutes 40 min mod + 34 min fast	6 miles 100 minutes moderate pace
4	2 miles 40 minutes moderate pace	4 miles 74 minutes 40 min mod + 34 min fast	5 miles 100 minutes moderate pace	5 miles 83 minutes fast pace	3 miles 60 minutes moderate pace	5 miles 81 minutes 40 min mod + 41 min fast	6 miles 120 minutes moderate pace

Tips To Follow The 28-Day Walking Plan

1. Slow is a stroll - approx 26 minutes/mile, use this easy pace to warm up.
2. Moderate is a normal walking pace - 20 minutes/mile. You can still talk as you walk.
3. Fast is walking at a brisk pace where you're pushing yourself - 17 minutes/mile.
4. Complete sessions in one go or split into 2.
5. Repeat a week if you find it too hard.
6. If the plan is too easy, increase the intensity of your walks with intervals or hills.

Check out the full 28-Day Walking Plan (and much more) at LoveLifeBeFit.com



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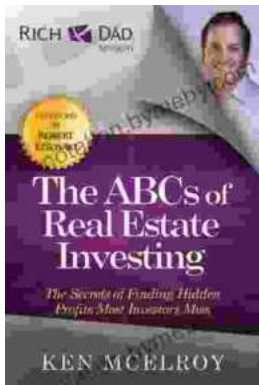
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