

# 30-DAY WALKING CHALLENGE FOR BEGINNERS



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	15 Min Easy Walk	10 Min Easy Walk	10 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 5 Min Brisk Walk
2	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	20 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 10 Min Brisk Walk
3	25 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 10 Min Brisk Walk	20 Min Easy Walk	20 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 15 Min Brisk Walk
4	30 Min Easy Walk	15 Min Easy Walk	15 Min Easy Walk + 15 Min Brisk Walk	25 Min Easy Walk	25 Min Easy Walk	Rest Day or 15 Min Easy Walk	10 Min Easy Walk + 20 Min Brisk Walk
5	35 Min Easy Walk	30 Min Brisk Walk					



## Top Tips for the 30-Day Walking Challenge

- **Walk By Effort, Not Pace** - Don't worry about how fast you're going. Just focus on using effort as your guide.
- **Set a Schedule** - Routine is king. Pick a time of day to get your walking in and stick to it.
- **Plan Your Routes** - Try out new routes to keep your walks fun, motivating, and engaging.
- **Walk with a Friend** - Walking with a friend, family member, or co-worker provides motivation and companionship, and can be safer than walking alone.
- **Wear the Right Gear** - Getting a good pair of walking shoes will help ensure your feet are properly supported.
- **Stay Hydrated!**
- **Keep It Fun** - Listen to a podcast, your favorite album, or bring your dog - whatever keeps you going!

# Team Roster Walking Workout Top

**Louise Burke**

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name Louise Burke.

## **Team Roster Walking Workout Top:**

*Graphic Sports* Felix Abayateye, 2010-01-08      *Practical Sports Nutrition* Louise Burke, 2007 *Practical Sports Nutrition* provides detailed sport specific advice that enables you to approach individual athletes and teams with an understanding of their sport and unique nutritional needs      **Baseball and New York: A Poetic Walk** Randall Wayne McLean, 2015-12-03 For Randall McLean talking about baseball is as easy as breathing He can have a casual conversation with anybody on any baseball related topic As a baseball aficionado and researcher Randall nicknamed Bando grew up around baseball from playing Little League to coaching Little League In *Baseball and New York A Poetic Walk* Randall writes on a vast array of all things baseball and New York from his trips to Cooperstown at the National Baseball Hall of Fame to his adventurous first and subsequent trips to New York City including his experience during 9 11 He not only walks you through written historical achievements but also his own personal baseball stories which is reflected through his poetry From his insightful humor and personal viewpoints into baseball his passion for the game shows through in his writings not only for the experienced baseball fan but for those who want to cherish and celebrate history His love for the sport has inspired him to write *Baseball and New York A Poetic Walk* his first written homage to the sport Randall lives with his wife outside Vancouver British Columbia For more information visit [www.baseballsayitaintso.blogspot.ca](http://www.baseballsayitaintso.blogspot.ca)      **Football and American Identity** Frank Hoffmann, Gerhard Falk, Martin J Manning, 2013-10-08 Learn the value of football to American society No sport reflects the American value system like football Visitors to the United States need only watch a game or two to learn all they need to know about the American way of life and the beliefs attitudes and concerns of American society *Football and American Identity* examines the social conditions and cultural implications found in the football subculture represented by core values such as competition conflict diversity power economic success fair play liberty and patriotism This unique book goes beyond the standard fare on football strategy and history or the biographies of famous players and coaches to analyze the reasons why the game is the essence of the American spirit Author Gerhard Falk Professor of Sociology at the State University College of New York at Buffalo examines football as a game as a business and as a reflection of the diversity in American life *Football and American Identity* also addresses the relationship between football and the media with much of the game's income generated by advertising and endorsements and examines the presence of crime in football culture The book discusses the development of the game and those involved in it at the Pop Warner college and professional levels examining the social origin of players coaches cheerleaders and owners In addition *Football and American Identity* analyzes the game's fans and their devotion to their teams examines why Pennsylvania is considered the mother of American football and looks at the National Football League and its commissioners *Football and American Identity* examines how individualism and achievement can lead to mythological status why a person's occupation is the most important indicator of prestige in the United States what the consequences are of earning more in a year than most Americans make in a lifetime why equality is

vital to the ethnic make up of American football teams why teamwork is important in football and in industry how freedom is essential for taking the risks necessary for success and much more Football and American Identity is an inside look at football as an American cultural phenomenon Devoted and casual fans of the game as well as academics working in sociology will find this unique book interesting entertaining and thought provoking **Winning a US College Sports Scholarship** Barry McCormack,2004 *Princeton Alumni Weekly* ,1997 *Fit Kids!* Kenneth H. Cooper,1999 Shows how parents can help their children make the right health choices and provides physical readiness charts tests nutritional strategies and dieting tips **Aquatic Games, Pageants, Stunts** Swimming pool age,1960 **Aquatic Games, Pageants, Stunts** ,1947 Team Sports for Girls and Women Carole L. Mushier,1973 Learning and Skill Acquisition in Sports: Theoretical Perspectives Christian Thue Bjørndal,Rob Gray,Thomas Schack,2024-01-29 **Walk, Jog, Run, for Wellness** Patricia A. Floyd,Janet E. Parke,1990 **New York Magazine** ,1991-04-15 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea **Boot and Shoe Recorder** ,1947 **U.C.I. Broadcast** ,1977 The Tank ,1955 *Theatresports Down Under* Lyn Pierse,1995 Theatresports down under a guide for coaches and players **Sports Illustrated** ,1959 **British Books** ,1910 *ESPN SportsCentury* ESPN (TV network),1999-09-22 Introduction by David Halberstam Foreword by Chris Berman The biggest stars the greatest games the most stupendous moments in world sport are all contained here in this beautiful volume which celebrates sport in its many forms throughout the twentieth century Packed with essays from some of the world s best sports writers and illustrated throughout in full colour this is the ultimate guide to the greatest sports moments of the last millennium

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