

# 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!

# Remote Jobs Walking Workout Last 90 Days

**M Walker**



## Remote Jobs Walking Workout Last 90 Days:

*Military Veteran Employment* Nathan D. Ainspan, Kristin N. Saboe, 2021-05-25 Drawing on the principles and research from industrial organizational I O psychology and best practices from human resources HR management this book will help civilian employers improve the way that they locate hire and retain military veterans and military spouses *Human Resources Report* ,2000 *Congressional Record* United States. Congress,2012 *Outdoor Recreation Management in the 90's* Outdoor recreation management in the 90's,1994 **American Education** ,1973 **Science** John Michels (Journalist),2009 **The Big Book of Jobs** Barbara Spencer Hawk,1997 Whether you re looking for advice on how to ace a job interview or you need the latest outlooks and statistics on more than 250 careers the Big Book of Jobs is your one essential guide to on the job success This single volume includes all of the most up to date career information available compiled by the United States Department of Labor s Bureau of Labor Statistics In addition to this information you ll find expert career advice from a proffesional career counselor and the editors of VGM Career Horizons America s foremost career books publisher **Fortune** ,1999 Travel Holiday ,1980-07 **Microtimes** ,1994-09 **Industrial Bulletin** New York (State). Department of Labor,1947 **Conference Proceedings** ,1990 ACM SIGUCCS User Services Conference ,1990 The Iron Age ,1946 Iron Age ,1946-07 *Occupational Outlook Handbook 1996-97* U. S. Department of Labor,1996-06 Discusses the duties earnings qualifications and employment opportunities for 200 occupations ranging from lawyers and computer programmers to carpenters and typists **B C L A Reporter** British Columbia Library Association,1998 Business Travel News ,2002 *Chain Store Age* ,1958 *The Software Encyclopedia* ,1986

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