

WALKING CHALLENGE
























































































Normal
walking



Moderately
fast walking



Fast
walking

DAY 1 5 MIN 	DAY 2 6 MIN 	DAY 3 7 MIN 	DAY 4 8 MIN 	DAY 5 9 MIN 	DAY 6 10 MIN 
DAY 7 REST	DAY 8 5 MIN  1 MIN  4 MIN 	DAY 9 4 MIN  2 MIN  4 MIN 	DAY 10 4 MIN  3 MIN  3 MIN 	DAY 11 3 MIN  4 MIN  3 MIN 	DAY 12 3 MIN  5 MIN  2 MIN 
DAY 13 2 MIN  6 MIN  2 MIN 	DAY 14 REST	DAY 15 4 MIN  1 MIN  1 MIN  1 MIN  3 MIN 	DAY 16 3 MIN  1 MIN  2 MIN  1 MIN  3 MIN 	DAY 17 2 MIN  2 MIN  2 MIN  2 MIN  2 MIN 	DAY 18 2 MIN  2 MIN  2 MIN  3 MIN  1 MIN 
DAY 19 1 MIN  3 MIN  2 MIN  3 MIN  1 MIN 	DAY 20 1 MIN  2 MIN  3 MIN  3 MIN  1 MIN 	DAY 21 REST	DAY 22 1 MIN  2 MIN  4 MIN  2 MIN  1 MIN 	DAY 23 1 MIN  1 MIN  5 MIN  2 MIN  1 MIN 	DAY 24 1 MIN  1 MIN  6 MIN  1 MIN  1 MIN 
DAY 25 1 MIN  7 MIN  1 MIN  1 MIN 	DAY 26 1 MIN  8 MIN  1 MIN 	DAY 27 1 MIN  9 MIN  1 MIN 	DAY 28 REST	DAY 29 1 MIN  10 MIN  1 MIN 	DAY 30 1 MIN  10 MIN  1 MIN 

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Sport Consumer Behaviour Kostas Alexandris, Heath McDonald, Daniel C. Funk, 2016-07-18 All successful marketing strategies in sport or events must take into account the complex behaviour of consumers This book offers a complete introduction to consumer behaviour in sport and events combining theory and cutting edge research with practical guidance and advice to enable students and industry professionals to become more effective practitioners Written by three of the world's leading sports marketing academics it covers a wide range of areas including social media and digital marketing the segmentation of the sport consumer market service quality and customer satisfaction sport consumer personalities and attitudes the external and environmental factors that influence sport consumer behaviour These chapters are followed by a selection of international case studies on topics such as female sport fans college sports marathons and community engagement The book's companion website also provides additional resources exclusively for instructors and students including test banks slides and useful web links As the only up to date textbook to focus on consumer behaviour in sport and events *Sport Consumer Behaviour Marketing Strategies* offers a truly global perspective on this rapidly growing subject This book is an invaluable resource for anyone involved in the sport and events industries from students and academics to professional marketers

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Physical Training; Supplement to Association Men ,1966 *Rise and Walk* Dennis Byrd,1994 Biography of New York Jets football player Dennis Byrd telling of his battle against and victory over total paralysis Chase's 1997 Sports Calendar of Events Contemporary Books,McGraw-Hill Trade,1996 In the tradition of Chase's Calendar of Events comes a comprehensive guide to sporting and recreational events across the country This book lists more than 6 000 sporting events sports figures and anniversaries of events in the history of sports Extensively indexed by state and category entries include award lists direct access phone numbers addresses for teams stadiums associations and halls of fame and more Line art photos **Variety's Complete Home Video Directory** ,1989 **Operation PUSH National Magazine** ,1988

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