



30 Day Walking Challenge For Beginners

	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 miles 25 minutes slow pace	1.2 miles 25 minutes 5 min slow + (1 min fast + 1 min slow) x 10	1 mile 20 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	2 miles 40 minutes moderate pace
2	1 mile 25 minutes slow pace	2 miles 37 minutes 20 min moderate + 17 min fast	1.5 miles 35 minutes 25 min slow + 10 min moderate	1.8 miles 35 minutes 5 min slow + (2 min fast + 1 min slow) x 10	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace
3	1.5 miles 30 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	3 miles 60 minutes moderate pace	2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	2 miles 40 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	4 miles 80 minutes moderate pace
4	1.5 miles 30 minutes moderate pace	3 miles 54 minutes 20 min mod + 34 min fast	3 miles 60 minutes moderate pace	2 miles 37 minutes 5 min slow + (3 min fast + 1 min slow) x 8	3 miles 60 minutes moderate pace	2 miles 37 minutes 20 min moderate + 17 min fast	5 miles 100 minutes moderate pace
5	1.5 miles 30 minutes moderate pace	4 miles 74 minutes 40 min mod + 34 min fast					

Tips To Follow The 30-Day Walking Plan

1. Slow is a stroll - approx 25 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 30-Day Walking Plan (and much more) at LoveLifeBeFit.com

Walking Workout Phonics Practice Tips

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Walking Workout Phonics Practice Tips:

The ESL / ELL Teacher's Survival Guide Larry Ferlazzo, Katie Hull Sypniewski, 2012-08-07 A much needed resource for teaching English to all learners The number of English language learners in U S schools is projected to grow to twenty five percent by 2025 Most teachers have English learners in their classrooms from kindergarten through college The ESL ELL Teacher s Survival Guide offers educators practical strategies for setting up an ESL friendly classroom motivating and interacting with students communicating with parents of English learners and navigating the challenges inherent in teaching ESL students Provides research based instructional techniques which have proven effective with English learners at all proficiency levels Offers thematic units complete with reproducible forms and worksheets sample lesson plans and sample student assignments The book s ESL lessons connect to core standards and technology applications This hands on resource will give all teachers at all levels the information they need to be effective ESL instructors

Resources in Education

,1998 **Developing Ocular Motor and Visual Perceptual Skills** Kenneth Lane, 2024-06-01 With over 20 years of experience Dr Kenneth A Lane has designed Developing Ocular Motor and Visual Perceptual Skills An Activity Workbook to help occupational therapists optometrists and other professionals develop the ocular motor and visual perceptual skills of learning disabled children To establish a framework for understanding each chapter begins with the scientific theories used to develop the activity forms Insightful suggestions are included on how to solidify the program s success The easy to follow activity forms are then presented along with numerous illustrations that help develop ocular motor and visual perceptual skills The forms are divided into as many as five levels of difficulty so both children and teenagers can benefit from each activity Developing Ocular Motor and Visual Perceptual Skills contains daily lesson plans and practical tips on how to successfully start an activities program Other helpful features include a glossary of terms and a reference list of individuals and organizations that work with learning disabled children to develop these skills The first of its kind Developing Ocular Motor and Visual Perceptual Skills utilizes a learning approach by linking the theories with the remediation activities to help learning disabled children improve their perceptual and fine motor skills All professionals looking to assess and enhance a variety of fine motor and visual perception deficiencies will welcome this workbook into their practices Topics include Complexity of reading Ocular motor Gross motor Visual motor perception Visual memory Laterality Reversals *A Guide for the Teaching of Reading in the First Four Years of Elementary School* Minneapolis Public Schools, 1940 **Index to Media and Materials for the Mentally Retarded, Specific Learning Disabled, Emotionally Disturbed** National Information Center for Special Education Materials, 1978 **Instructor** ,1979 **Teacher's Guide to the Foundation Program, 1:1** ,1971 An Idea Book of Home Teaching Strategies University of Illinois at Urbana-Champaign. Department of Special Education, 1979 **Principal's Handbook to Improve Reading Instruction** Douglas P. Barnard, 1986 **Today's Education** ,1979 **SRA Open Court Reading** ,2002 *Early Years* ,1981 **Learning** ,1978 *A Practical Guide to*

Early Childhood Curriculum Claudia Fuhrman Eliason,Loa Thomson Jenkins,2008 This applied guide to planning and implementing curriculum across the content areas for children ages 3 to 8 provides students with a depth of background knowledge not usually seen in a text containing practical highlighted strategies unit and lesson plans suggested activities recipes and more Core chapters cover Social studies including diverse people self and family physical activity and nutrition Language development Literacy development Science 3 separate chapters Problem solving and math Music and movement Creativity art and dramatic activities Key changes to this edition include separate chapters on language development and literacy development new tables linking learning activities with specific content area standards streamlined content throughout and new Web sites **Awards: Teacher's guide** ,1983 **Gateways: Teacher's guide** ,1983 **The Harper & Row Basic Reading Program: K1 Starting out with pictureforms** ,1963 **The Macmillan Reading Program: We begin** Albert Josiah Harris,Mae Knight Clark,1965 *Towers: Teacher's guide* ,1983 N.E.A. Bulletin ,1978

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