

❖ Full Body Workout & Walking Plan ❖

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When the weather disagrees with your fitness plan, walk inside. Every step you take each day counts no matter where you do it!

Day 1

☐ Walk

Day 2

☐ Lower Body

Day 3

☐ Walk

Day 4

☐ Upper Body

Day 5

☐ Walk

Day 6

☐ Core

Day 7

☐ Walk



Repeat your word with every inhalation and exhalation to help you stay focused on what you want to achieve.

Day 8

☐ Walk

Day 9

☐ Lower Body

Day 10

☐ Upper Body

Day 11

☐ Walk

Day 12

☐ Core

Day 13

☐ Lower Body

Day 14

☐ Walk



Watch yourself in a mirror when you work out so you can see your form. Even though it may feel goofy at first, smile at yourself.

Day 15

☐ Walk

Day 16

☐ Lower Body
☐ Upper Body

Day 17

☐ Walk

Day 18

☐ Lower Body

Day 19

☐ Walk

Day 20

☐ Upper Body
☐ Core

Day 21

☐ Walk



A quick whole body stretch: Stand up, root your feet into the ground and reach your arms to the sky, stretching as high as you can. Then totally relax. Repeat.

Day 22

☐ Walk

Day 23

☐ Lower Body
☐ Upper Body
☐ Core

Day 24

☐ Walk

Day 25

☐ Lower Body
☐ Upper Body
☐ Core

Day 26

☐ Walk

Day 27

☐ Cardio

Day 28

☐ Walk

Day 29

☐ Walk

Day 30

☐ Lower Body
☐ Upper Body
☐ Core

Day 31

☐ Walk

Walking Workout Weekly Ad Today

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The Walking Solution Lee Scott, Michele Stanten, 2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability *Current Topics in Clinical and Community Psychology* Charles D. Spielberger, 2013-10-22 *Current Topics in Clinical and Community Psychology* Volume 3 covers new approaches to the treatment of emotional disorders The book discusses the use of imagery fantasy and daydream techniques in psychotherapy the psychosocial behavioral model for therapeutic intervention and theory and research on family therapy The text describes the use of information feedback as a method of clinical intervention and consultation the need for psychologists who work with minority groups i e black community as well as the epidemiology and prognosis of psychiatric disorders in the naval service Community psychologists clinical psychologists psychiatrists and students taking related courses will find the book useful **The Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton, 2007 *Harper's Weekly* John Bonner, George William Curtis, Henry Mills Alden, Samuel Stillman Conant, Montgomery Schuyler, John Foord, Richard Harding Davis, Carl Schurz, Henry Loomis Nelson, John Kendrick Bangs, George Brinton McClellan Harvey, Norman Hapgood, 1871 *The Treasury; a Magazine of Religious and Current Thought for Pastor and People*, 1890 *Harper's Weekly*, 1877 **La Follette's Weekly Magazine**, 1909 **The Publishers' Circular and Booksellers' Record**, 1910 **Young Men's Era**, 1892 **The Farmer's Weekly**, 1935 **U.S. News & World Report**, 1996 **The Chronicle**, 1877 **Current Literature**, 1905 *Business Periodicals Index*, 1987 **Current Literature** Edward Jewitt Wheeler, Frank Crane, 1904 *Current Opinion* Edward Jewitt Wheeler, Frank Crane, 1914 **Current Law**, 1911 **Creative Forecasting**, 2006 *Prevention Women's Health Today* 2001, 2001 **The Current**, 1886

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