

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!

Check out the full 30-Day Walking Challenge (and much more!) at MarathonHandbook.com

Walking Workout Last 90 Days Warranty

Scott C. Dulebohn

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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web oct 14 2023 one way of showing you are in a genuine relationship is by asking friends or colleagues to write letters of support for you we can t provide a sample letter for you to follow but we can help by highlighting who you should ask to write one what should be in it and what can go wrong

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web feb 7 2023 the outline of your immigration support letter should say who you are and who the main people are sponsor spouse partner any children list the key facts and dates outlining the relationship between the sponsor and spouse partner give your personal assessment of the sponsor spouse partner s relationship

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web nov 7 2022 examples of people who could write a letter of support include family members friends religious leaders what should be included in letters of support the letter is the writer s opportunity to explain their experiences with the couple each letter of support should be unique however there are things that each letter should contain

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web to make it easier for you to interpret the above tips we have included a sample proof of relationship letter of support for immigration through spousal sponsorship we have also compiled a guide listing answers to common questions related to spousal sponsorship which can be accessed here

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web 30th november 2017 department of immigration and border protection off shore partner visa processing centre australia re letter in support of my relationship and the visa application for a partner visa dear case officer my name is insert full name and my birth date is insert birth date my passport number is insert passport number

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