

31-Day Walking Plan

start
TODAY
30 DAYS TO BETTER HEALTH

Day 1

☐ Walking
Workout 1

Day 2

☐ Walking
Workout 1

Day 3

☐ Walking
Workout 1

Day 4

☐ Walking
Workout 2

Day 5

☐ Walking
Workout 1

Day 6

☐ Walking
Workout 1

Day 7

☐ Walking
Workout 2

Day 8

☐ Walking
Workout 1

Day 9

☐ Walking
Workout 2

Day 10

☐ Walking
Workout 1

Day 11

☐ Walking
Workout 2

Day 12

☐ Walking
Workout 1

Day 13

☐ Walking
Workout 1

Day 14

☐ Walking
Workout 1

Day 15

☐ Walking
Workout 2

Day 16

☐ Walking
Workout 1

Day 17

☐ Walking
Workout 1
& Strength

Day 18

☐ Walking
Workout 1

Day 19

☐ Walking
Workout 2

Day 20

☐ Walking
Workout 1
& Strength

Day 21

☐ Walking
Workout 2

Day 22

☐ Walking
Workout 1
& Strength

Day 23

☐ Walking
Workout 2

Day 24

☐ Walking
Workout 1

Day 25

☐ Walking
Workout 2
& Strength

Day 26

☐ Walking
Workout 1

Day 27

☐ Walking
Workout 2
& Strength

Day 28

☐ Walking
Workout 1

Day 29

☐ Walking
Workout 1

Day 30

☐ Walking
Workout 2
& Strength

Day 31

☐ Walking
Workout 2

WEEK 1:

Reflect. Why are you walking? Walk toward this goal.

WEEK 2:

Cheers! Prepare a mocktail to enjoy when you get home.

WEEK 3:

Buddy up. Ask a loved one to walk with you - or call them to talk while walking.

WEEK 4:

Tune out. Listen to music or a podcast that brings you joy.

Walking Workout Last 90 Days Promo

**Carole Lium Edelman, Carol Lynn
Mandle, Elizabeth C. Kudzma**



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material New chapters that have been added cover the long term care industry long term care policy and supportive case
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