



AT HOME

15 MINUTE WALKING WORKOUT

FOR
SENIORS

Walking Workout 2025 Tutorial

Maxine Rice



Walking Workout 2025 Tutorial:

The Complete Guide to Nordic Walking: 2nd edition Gill Stewart, 2025-02-13 A revised and updated second edition of the popular Complete Guide to Nordic Walking Nordic walking a specific technique for walking with poles that is far more effective in burning calories and whole body toning than walking alone is growing rapidly in the UK and worldwide The Complete Guide to Nordic Walking 2nd Edition will help you understand everything you need to know about Nordic walking whether you are a beginner a more experienced Nordic walking enthusiast or a health and fitness professional This updated guide expels all the myths and simply provides advice and information on how to Nordic walk who with where and most importantly why Organised into clear sections to help you to find exactly what you are looking for it is packed with tips case studies research exercise plans and equipment advice It is the complete manual for Nordic walkers of all levels This revised second edition includes information about the latest equipment and techniques the most recent research into the benefits of Nordic walking new photographs and case studies updates on the sport s worldwide scene revised advice about the professional use of Nordic walking The Complete Guide to Nordic Walking is endorsed by Nordic Walking UK and includes contributions from experts around the world

Proceedings of the 2025 11th International Conference on Humanities and Social Science Research (ICHSSR 2025) Bootheina Majoul, Abdullah Abdullah, Sharifah Faizah Syed Mohammed, Fonny Dameaty Hutagalung, 2025-08-10 This is an open access book Review ICHSSR was established in 2015 and the past five sessions have all been successfully published and indexed by CPCII we wholeheartedly welcome colleagues worldwide to join us at this momentous conference held in Beijing

Managing Cholesterol For Dummies Simon Poole, Amy Riolo, 2025-08-26 Take charge of your heart health with this guide to managing cholesterol Managing Cholesterol For Dummies demystifies cholesterol and clearly offers effective solutions for prevention management and lowering it which have changed in recent years This approachable guide helps you understand why balancing overall cholesterol is important and what you can do to improve your numbers and keep them in check It also navigates the latest lifestyle tips medical treatments complementary therapies and culinary nutrition research available to keep your heart in shape You ll also learn what cholesterol really is how it s formed and linked to inflammatory processes you can reverse and why it s never too early to think about keeping cholesterol regulated If you re managing an existing condition this book will help you make sure you re on a treatment path that works for you This Dummies guide lays it all out in a clear way so you can get your cholesterol questions answered without feeling overwhelmed Learn how to maintain good health and reduce the risk of diseases linked to high cholesterol Get the latest cholesterol insights like oxidized LDL cholesterol and why it matters Make mouthwatering recipes packed with fiber antioxidants and healthful fats to fight inflammation Decide on a treatment plan including medications and complementary therapies that s right for you For anyone dealing with elevated cholesterol or helping a loved one manage their numbers and for people who want to avoid high cholesterol altogether Managing Cholesterol For

Dummies covers all the must know information for staying healthy Water Exercise Benefits Olivia Parker, AI, 2025-02-17

Water Exercise Benefits explores the multifaceted advantages of aquatic exercise highlighting its role in improving health fitness and rehabilitation This book offers an evidence based look at how water based activities can be a safe and effective alternative to traditional workouts suitable for all ages and fitness levels Did you know that the principles of water resistance and buoyancy can be leveraged for rehabilitation fitness and preventative care Or that aquatic exercise is not just for seniors but also benefits athletes and those recovering from injuries The book begins by introducing the fundamental principles of aquatic exercise such as buoyancy and hydrostatic pressure and then examines their effects on different body systems Major sections focus on specific applications including injury rehabilitation and managing chronic conditions A distinctive aspect is its emphasis on customizing aquatic exercise programs to fit individual needs providing tools for assessing fitness levels and modifying exercises The book progresses logically across chapters offering practical guidelines for designing personalized aquatic exercise programs making it a valuable resource for healthcare professionals fitness instructors and individuals seeking to enhance their well being through low impact exercise One and Done Workout Maxim Feldhinkel, 2025-10-14

One and Done Workout The Fastest Way to Get Fit in Just 7 Minutes a Day Looking for a quick and effective way to burn fat tone muscles and boost your energy The One and Done Workout is designed for busy people who want maximum results with minimal time This science backed 7 minute workout uses high intensity sprint interval training SIT to activate your metabolism and keep burning calories long after you re done Just 7 Minutes a Day No gym no equipment no excuses Burn Fat Faster Boost your metabolism and torch calories even after your workout Tone Strengthen Sculpt lean muscles and build endurance with short powerful movements Perfect for Any Fitness Level Beginner friendly with modifications for all abilities Time Saving Effective Get noticeable results without long exhausting workouts Join thousands who have transformed their bodies with the One and Done Workout Take control of your health today 7 minutes is all it takes *Tiny Habits, Big Results: A Simple, Proven Guide to Building Good Routines & Breaking Bad Habits* Silas Joaquin Hayes, 2025-08-19 Have You Ever Decided to Make a Big Change Only to Lose Motivation and Give Up After a Few Weeks The Problem Isn t You The Problem Is Your System We ve been told that to achieve our goals we need to make massive heroic changes But this go big or go home approach relies on willpower which is always in short supply and often leads to burnout and a sense of failure There is a better way A simpler more effective path to achieving incredible things In the groundbreaking guide Tiny Habits Big Results you will discover a proven science backed framework for making small easy changes that compound into life altering outcomes This is not a book about a single moment of transformation it s about building a system that delivers remarkable results automatically This is your manual for getting 1% better every day Inside this simple proven guide you will learn how to Master the Compounding Effect of Small Habits Understand the surprisingly powerful math of how tiny daily improvements can lead to an extraordinary transformation You ll learn why small changes make a much bigger difference

than you think Build Good Habits That Actually Stick Unlock the four simple memorable laws of behavior change that make good habits obvious attractive easy and satisfying You ll get a step by step system for success Finally Break Your Bad Habits Learn to apply the inverse of the four laws to make your bad habits invisible unattractive difficult and unsatisfying systematically dismantling the routines that have been holding you back for years Overcome a Lack of Motivation with the Two Minute Rule Discover the simple but profound technique to make any new habit so easy to start that you can t say no guaranteeing you ll stay on track even on the days you don t feel like it Design Your Environment for Success Learn how to reshape your space and your life to make good habits inevitable and bad habits impossible Why Is This the Last Book on Self Improvement You ll Ever Need Because it gives you a practical actionable system that works for any goal This isn t just theory it s a user manual for human behavior This book is for anyone who wants to Stop procrastinating and finally take action Build a consistent workout routine or healthy eating plan Be more productive and focused at work Learn any new skill more effectively Simply stop struggling and start making real sustainable progress You do not rise to the level of your goals You fall to the level of your systems 1 This book will teach you how to build systems that never fail you Your journey to remarkable results starts with one tiny change Scroll up and click the Buy Now button to start building your best life one tiny habit at a time

30 Days to a New You_ A Complete Guide to Healthy Weight Loss Maxine Rice, 2025-10-14 Transform your body and your life in just 30 days This complete evidence based program guides you step by step toward achieving sustainable weight loss building lasting habits and reclaiming your energy and confidence Drawing from over two decades of nutrition science and behavioral research 30 Days to a New You combines practical meal strategies simple exercise routines and proven mindset techniques to help you reset your relationship with food and your body Inside you ll discover A 30 day structured plan with daily goals and motivation Balanced meal examples designed for real people and busy schedules Mindset coaching to break emotional eating patterns Gentle yet effective fitness guidance no gym required Tools to track your progress and maintain your results for life This guide is not another quick fix diet it s a roadmap to a healthier happier and more confident you Whether you re just beginning your wellness journey or restarting after setbacks Maxine Rice s holistic approach will help you create change that lasts

Research Perspectives on Software Engineering and Systems Design Radek Silhavy, Petr Silhavy, 2025-08-31 This book combines cutting edge research addressing current challenges and emerging opportunities in computing artificial intelligence sustainability and education Through interdisciplinary insights readers will discover novel computational frameworks designed to enhance cybersecurity optimise energy systems and advance interactive technologies such as chatbots virtual reality and gaming for medical rehabilitation Each chapter demonstrates innovative methodologies from advanced AI driven complex data analyses to sophisticated mathematical models addressing real world problems The studies highlight how data science machine learning and computational intelligence can boost organisational efficiency support sustainable development and significantly enhance

human computer interaction Ideal for researchers industry experts educators and advanced students this resource provides valuable perspectives on practical applications and theoretical advancements essential for staying ahead in rapidly evolving technological fields

Functional Fitness for Life Barrett Williams, ChatGPT, 2025-10-11 Unlock your potential and transform your life with *Functional Fitness for Life* the ultimate guide to practical everyday fitness tailored to your unique needs and lifestyle This comprehensive eBook dives deep into the core of functional fitness unraveling the secrets of physical well being that go beyond traditional exercise routines Start your journey with a fundamental understanding of functional fitness principles and discover why these techniques are essential in daily life Learn how to assess your current fitness levels and set personalized achievable goals all the while acknowledging and respecting your individual limitations In *Functional Fitness for Life* building core strength balance and coordination is at the heart of improving stability and overall bodily function Explore the importance of these elements in daily activities and how they seamlessly enhance your quality of life Wherever you are whatever you do this guide will help you infuse fitness into every facet of your routine from household chores to leisure activities Enhance your mobility and flexibility with expertly designed routines that keep injuries at bay while fostering a supple and resilient body Delve into strength training techniques that leverage both body weight and equipment like resistance bands and dumbbells focusing on compound movements that yield full body benefits Discover innovative low impact cardio options that fit effortlessly into your life ensuring you maintain a sustainable routine For those transitioning through stages of life the dedicated section for aging bodies provides tailored advice to preserve joint health and maximize vitality safely Fuel your progress with essential nutrition and recovery insights ensuring your body receives the care it deserves Overcome common fitness barriers with strategies for time management and plateau busting complemented by a positive mindset Finally bring your personalized plan to life with the latest technology and real world motivation from inspiring stories of transformation *Functional Fitness for Life* is your key to sustaining lifelong health adapting to changes and advancing in unstoppable fitness forward Embrace this new paradigm and make functional fitness an enduring part of your life today

What to Expect When You're Expecting Heidi Murkoff, 2016-05-31 Updated multiple times every year America's pregnancy bible answers all your questions When can I take an at home a pregnancy test How can I eat for two if I'm too queasy to eat for one Can I keep up my spinning classes Is fish safe to eat And what's this I hear about soft cheese Can I work until I deliver What are my rights on the job I'm blotchy and broken out where's the glow Should we do a gender reveal What about a 4 D ultrasound Will I know labor when I feel it Your pregnancy explained and your pregnant body demystified head what to do about those headaches to feet why they're so swollen back how to stop it from aching to front why you can't tell a baby by mom's bump Filled with must have information practical advice realistic insight easy to use tips and lots of reassurance you'll also find the very latest on prenatal screenings which medications are safe and the most current birthing options from water birth to gentle c sections Your pregnancy lifestyle gets equal attention too eating

including food trends to coffee drinking working out and work to sex travel to beauty skin care and more Have pregnancy symptoms You will and you ll find solutions for them all Expecting multiples There s a chapter for you Expecting to become a dad This book has you covered too **PREGNANCY FITNESS AND NUTRITION** Dr. Peterwise Innocent,2025-09-25

Pregnancy Fitness and Nutrition is your essential guide to a healthy active and confident pregnancy Designed for women who want to prioritize both fitness and wellness this book combines expert tips on nutrition exercise and self care to support you and your baby every step of the way Inside you ll discover how to fuel your body with the right nutrients manage cravings and stay hydrated plus safe and effective pregnancy workouts tailored to each trimester You ll also learn stress management techniques sleep strategies and mind body wellness practices that strengthen both your health and emotional well being With guidance on preparing for childbirth postpartum recovery and building long term healthy living habits for your family this book goes beyond pregnancy it s a roadmap to lasting vitality Whether you re a first time mom or experienced parent Pregnancy Fitness and Nutrition empowers you to embrace motherhood with strength balance and confidence **The Later Years** Sir Peter Thornton,2025-02-27 Deeply practical The Times The essential guide to all you need to know and do as you get older and closer to the end of life Peter Thornton is like a death doula I ve already ordered five copies Alice Thomson in The Times It is not difficult to imagine the sense of panic when faced with the sheer administrative hassle of the end of life despite the fact that it will come to us all sooner or later As we get older all that needs to be done can feel alarmingly daunting The good news is that Sir Peter Thornton KC has rationally organised and prioritised everything we need to know and presents it in a simple straightforward way that encourages us to complete all the necessary tasks With chapters on what to do before death such as a will and a Lasting Power of Attorney money pensions inheritance tax scams health home care your rights and what to do after the death of a loved one this puts all the information in one place and is as easy to follow as a shopping list Exercise Benefits Mira Skylark,AI,2025-03-19 Exercise Benefits explores how tailored exercise routines can unlock the potential of your body and mind no matter your age or fitness level It emphasizes the importance of physical activity for cardiovascular health bone strength and mental wellness Did you know that regular exercise can significantly reduce the risk of chronic diseases and improve overall quality of life The book addresses the crucial role of exercise in fostering mental and emotional well being demonstrating how movement impacts longevity daily productivity and even enjoyment The book presents information in an accessible manner avoiding technical jargon while offering practical strategies for personalizing your fitness journey It progresses by first introducing the fundamentals of exercise physiology and the link between physical and mental health Later chapters delve into specific workout routines tailored for different age groups outlining benefits and modifications for each stage including considerations for individuals with limitations Ultimately Exercise Benefits guides you in creating personalized exercise plans and overcoming common barriers to physical activity empowering you to take control of your health **Fit, Fueled & Fabulous A BYB Fitness Guide for Women Over 50** Dr.

Cynthia Simon,2025-07-22 You didn't come this far to only come this far At a certain point you realize this next chapter is yours to claim *Fit Fueled Fabulous* is your empowering guide to reclaiming your strength energy and confidence as you step boldly into midlife and beyond This isn't about shrinking or extreme diets It's about honoring your body shifting your mindset and celebrating what's possible right now Whether you're in your 40s 50s 60s or 70s this book meets you where you are and helps you move forward with purpose Inside you'll find holistic age smart strategies to help you Build a fitness routine that energizes your life not drains it Strengthen your body and protect your joints with smart effective training Fuel your vitality with balanced nutrition no fads or restrictions Break free from the scale and build unshakable confidence Manage stress and master your mindset Embrace recovery joy and lifelong wellness without apology Built on the BYB Be Your Best philosophy this guide unites mind body and nutrition to help you live powerfully and unapologetically Because this isn't about slowing down it's about shifting gears with wisdom strength and unstoppable grace Your *Fit Fueled Fabulous* life starts now Let's go

Low Impact Fitness Plan Felicia Dunbar,AI,2025-03-14 *Low Impact Fitness Plan* offers a strategic approach to physical fitness emphasizing joint friendly exercise as a sustainable path to lifelong well being This book addresses the need for accessible exercise strategies that minimize injury risk while maximizing cardiovascular fitness and muscle tone It challenges the misconception that intense workouts are the only way to achieve significant health benefits demonstrating that mindful movement can be equally effective Did you know that low impact activities like swimming and cycling can provide similar cardiovascular benefits to running but with less stress on your joints The book also explores how modified strength training can help maintain muscle mass without exacerbating joint pain The book progresses logically beginning with a definition of low impact exercise and its advantages It then introduces a range of activities from walking to modified strength training providing detailed instructions for various abilities A section is dedicated to creating personalized fitness plans that align with individual goals and physical limitations This comprehensive guide provides readers with the knowledge and tools to personalize their fitness plans track progress and maintain motivation ultimately empowering them to take control of their health through sustainable safe exercise routines

[The Healthy Heart Blueprint](#) Dr. Jitesh Arora,2025-04-12 Are you ready to unlock the secret to a stronger happier heart In *The Healthy Heart Blueprint* renowned physician Dr Jitesh Arora reveals a powerful sciencebacked roadmap for protecting cardiovascular health without relying solely on medication Through small purposeful changes in diet exercise stress management sleep and supportive relationships Dr Arora shows how you can achieve extraordinary results and reclaim a life of energy balance and confidence Featuring relatable patient stories and easytofollow strategies this accessible guide proves that lifelong vitality is well within your reach Your healthiest heart awaits grab this blueprint and begin your transformation today

[Comforting Homecare: A Guide to Quality Rehabilitation](#) Pasquale De Marco,2025-04-23 In today's healthcare landscape the demand for exceptional homecare services has never been greater Individuals increasingly seek to maintain their independence and dignity in the comfort of their own homes

making comprehensive and compassionate care essential *Comforting Homecare A Guide to Quality Rehabilitation* emerges as a beacon of knowledge and guidance for healthcare professionals and caregivers embarking on this noble journey Within its pages *Comforting Homecare A Guide to Quality Rehabilitation* offers a holistic approach to patient care encompassing rehabilitation pain management nutritional counseling and mental health support Through case studies expert insights and practical advice this comprehensive guide equips readers with the tools to effectively address the multifaceted challenges faced by homebound patients It emphasizes the significance of creating individualized care plans utilizing technology for remote monitoring and collaborating with family caregivers to ensure patient centered care Recognizing the emotional toll that caregiving can take *Comforting Homecare A Guide to Quality Rehabilitation* also provides invaluable support and guidance for caregivers It emphasizes the importance of self care stress management and utilizing available resources to maintain their well being With empathy and understanding this book seeks to empower caregivers in their tireless efforts to provide compassionate care to their loved ones *Comforting Homecare A Guide to Quality Rehabilitation* stands as an indispensable resource for healthcare professionals and caregivers alike Its practical strategies compassionate insights and comprehensive approach make it an invaluable guide for anyone dedicated to improving the lives of homebound patients Embrace the opportunity to transform home healthcare and embark on a journey of excellence with *Comforting Homecare A Guide to Quality Rehabilitation* as your trusted companion

Key Features Comprehensive coverage of rehabilitation pain management nutritional counseling and mental health support in homecare settings Practical strategies for creating individualized care plans utilizing technology and collaborating with family caregivers Invaluable insights and guidance for caregivers to promote their well being and resilience Case studies expert insights and evidence based practices to enhance the quality of homecare services A patient centered approach that emphasizes dignity independence and holistic care *Comforting Homecare A Guide to Quality Rehabilitation* is the definitive guide for healthcare professionals and caregivers seeking to deliver exceptional homecare services Its comprehensive approach practical tools and compassionate insights empower readers to make a profound difference in the lives of homebound patients and their families If you like this book write a review on google books

Bodyweight Strength Plan Ava Thompson, AI, 2025-03-14 *Bodyweight Strength Plan* offers a comprehensive guide to achieving fitness goals through the power of bodyweight training This approach emphasizes building muscle enhancing endurance and improving flexibility without relying on expensive equipment The book highlights the effectiveness of progressive overload using calisthenics and underscores the importance of understanding biomechanics to ensure safe and efficient exercise Interestingly bodyweight training has ancient roots predating modern gym culture and can be just as effective as traditional weightlifting The book begins with fundamental movements like squats and push ups providing progressions for all fitness levels It then progresses to creating customized training plans tailored to individual goals such as muscle building or endurance by adjusting variables like sets and tempo This focus on customization sets

Bodyweight Strength Plan apart empowering readers to adapt exercises to their specific needs promoting long term adherence and progress in their fitness journey Simple Workouts Mira Skylark,AI,2025-03-14 Simple Workouts tackles the challenge of fitting fitness into a busy life by offering time efficient training and sustainable fitness habits The book emphasizes that short consistent workouts can be more effective than infrequent long gym sessions It reveals how high intensity interval training HIIT and circuit training can stimulate muscle growth and improve cardiovascular health in minimal time The book progresses from introducing core concepts like HIIT to creating personalized workout plans tailored to individual fitness levels It also addresses nutrition and recovery providing practical guidance on fueling workouts and minimizing injury risk Ultimately Simple Workouts empowers readers to integrate fitness into their daily routines making it a sustainable habit by prioritizing efficiency and simplicity **Technology's Impact on Film, Video, and Music** Aniket Ramaswamy,2025-02-20 Technology s Impact on Film Video and Music delves into how technological advancements have revolutionized visual and auditory storytelling We explore the journey from early 20th century inventions to today s digital streaming era highlighting pivotal moments that reshaped entertainment Our book examines how digital technology the internet and new media platforms have democratized content creation and distribution transforming how artists produce and share their work and how audiences engage with it Looking to the future we forecast challenges and innovations poised to redefine these industries Emerging technologies like virtual reality artificial intelligence and blockchain are discussed for their potential to further disrupt and transform creative expression and cultural consumption Rich with case studies expert interviews and forward looking analysis this book is essential for understanding the ongoing revolution in film video and music It s a valuable resource for students professionals and enthusiasts eager to grasp the future of entertainment in an increasingly digital world

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