

Walking for weight loss



Do not underestimate walking as a means of losing weight only because during training, sweat does not flow and the muscles do not ache. In fact, it is very effective.

Any kind of walking is always energy expenditure, which invariably leads to losing weight. The only question is how many calories are burned in the process of such a sport. This indicator depends on such factors as initial weight and speed.

For 1 kg of weight for an hour is spent:

in the average tempo (3-4 km / h) - 3.2 kcal;

at a fast rate (6-7 km / h) - 4.5 kcal;

at a very fast pace, almost running (8-9 km / h) - 10 kcal.

In order not to make complex calculations yourself, you can use the following table:

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Table of Contents Walking Workout Discount Download

1. Understanding the eBook Walking Workout Discount Download
 - The Rise of Digital Reading Walking Workout Discount Download
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Discount Download
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Walking Workout Discount Download
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Discount Download
 - Personalized Recommendations
 - Walking Workout Discount Download User Reviews and Ratings
 - Walking Workout Discount Download and Bestseller Lists
5. Accessing Walking Workout Discount Download Free and Paid eBooks
 - Walking Workout Discount Download Public Domain eBooks
 - Walking Workout Discount Download eBook Subscription Services
 - Walking Workout Discount Download Budget-Friendly Options
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- Walking Workout Discount Download Enhanced eBook Features
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 - Adjustable Fonts and Text Sizes of Walking Workout Discount Download
 - Highlighting and Note-Taking Walking Workout Discount Download
 - Interactive Elements Walking Workout Discount Download
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 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Walking Workout Discount Download
- 9. Balancing eBooks and Physical Books Walking Workout Discount Download
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Walking Workout Discount Download
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Walking Workout Discount Download
 - Setting Reading Goals Walking Workout Discount Download
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Walking Workout Discount Download
 - Fact-Checking eBook Content of Walking Workout Discount Download
 - Distinguishing Credible Sources
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 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
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 - Interactive and Gamified eBooks

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