

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!

Walking Workout Phonics Practice Last 90 Days

DP Hallahan



Walking Workout Phonics Practice Last 90 Days:

Whispering the Techniques of Language: An Psychological Quest through **Walking Workout Phonics Practice Last 90 Days**

In a digitally-driven world where screens reign supreme and immediate communication drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within words frequently go unheard. However, set within the pages of **Walking Workout Phonics Practice Last 90 Days** a charming fictional treasure pulsing with raw thoughts, lies an exceptional journey waiting to be undertaken. Composed by a talented wordsmith, that charming opus invites visitors on an introspective journey, gently unraveling the veiled truths and profound influence resonating within ab muscles cloth of each and every word. Within the emotional depths with this emotional review, we will embark upon a honest exploration of the book is key styles, dissect their captivating writing type, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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