

# 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 Last 90 Days Setup

**Jicheng Xie**



### **Walking Workout Last 90 Days Setup:**

*Aging* Carole Bernstein Lewis, 2002-04-15 This classic textbook provides practitioners and students working in geriatric rehabilitation an interdisciplinary approach to the assessment and rehabilitative management of older persons Clinically focused the 4th edition reviews crucial information about the elderly people and suggests strategies for implementing practical rehabilitation goals in a variety of care settings      **Principles of Long-term Health Care Administration** Peter J. Buttaro, Emily L. H. Buttaro, 1999 This essential text is organized according To The five domains of practice established by the NAB licensure resident care personnel financial environmental and governance resident care and glossaries of medical financial and personnel terminology      **Basic Health Facility Surveyor Training Course, HCFA/HSQB**, 1991

**Prospective Payment for Long-term Care** Judith J. Baker, 1998 This text explains the composition of the Prospective Payment System allowing the reader to understand how the rates are built Special features include rate setting examples presented in a form that can be understood readily by the user worksheet examples presented in an easy to use format and a glossary designed for use by those not generally familiar with the long term care Prospective Payment System terminology

**Basic Geriatric Nursing** Gloria Wold, 2004 Part of the popular LPN Threads series this concise text presents the theories and concepts of aging the physiologic and psychosocial changes and problems associated with the process and appropriate nursing interventions With its easy to read clear writing style this text provides exactly the right depth and breadth of geriatrics content for LPN LVNs Clear concise consistent writing throughout Nursing Process section in appropriate chapters provides a strong framework for the discussion of the nursing care of the elderly patient as related to specific disorders Essential ethical and legal issues are presented as they relate to end of life care restraints and elder abuse Clinical Situations provide individualized cases for students to study and learn from Nursing Interventions are grouped according to health care setting to make it easier to determine the appropriateness of individual interventions for different patient populations All in one Student Activities workbook is included in a perforated section at the back of the book and includes NCLEX style multiple choice questions as well as the new NCLEX style questions short answer and fill in the blank to help students review chapter content and prepare for the NCLEX exam answers are found in the Instructor's Resource Manual New chapter on end of life care addresses essential content for both institutional and the home setting including information on palliative and hospice care pain management and how belief systems affect the dying person and caregivers Delegation leadership and management content is integrated throughout to address the changing role of LPN LVNs Delegation Considerations boxes address such topics as restraints elder abuse and end of life care as related to responsibilities of nursing assistants and other health care workers who are supervised by LPN LVNs Second color added to the design adds visual appeal and helps to emphasize key content Cultural Considerations boxes help students understand how to provide culturally sensitive patient care Complementary and Alternative Therapy boxes address popular therapies

that are used in pain relief and other treatments Patient Teaching boxes instruct and inform both elderly patients and their caregivers about health promotion prevention and age specific interventions Critical Thinking boxes pose questions designed to stimulate thought and help students develop and improve their ability to think critically

**Health Care Financing Review** ,1992 Recruiter Journal ,2010 American Journal of Mental Deficiency ,1981 Includes the association s conference proceedings and addresses

**Mastering Documentation** Springhouse Corporation,1995 The complete guide for streamlining and improving nursing documentation for virtually every system Nurses will find instructions for virtually every common and not so common charting method From progress notes to protocols there is a wealth of easy to follow examples throughout the book Includes JCAHO approved nursing abbreviations ANA standards of practice and JCAHO and Medicare guidelines for nursing documentation

Daily Labor Report ,2006-05

**Continuous Quality Improvement in Nursing** Jacqueline A. Dienemann,1992 *School* ,1899 *Mastering Geriatric Care* ,1997 Assessing older adults managing disorders and complications avoiding drug dangers and detecting abuse and neglect

*Time* ,1993

**Manual of Nursing Home Practice for Psychiatrists** American Psychiatric Association,2000 The shifting demographic toward a graying population coupled with today s reality of managed care makes the need for high quality cost effective psychiatric services within the nursing care setting more urgent than ever As we increase the number of our years it is also imperative that we enhance the quality of those years The product of the American Psychiatric Association s APA s Council on Aging and its Committee on Long Term Care and of the Elderly the Manual of Nursing Home Practice for Psychiatrists stands out because it focuses on the how not the why of nursing home care Of exceptional importance is its detailed discussion of the Minimum Data Set MDS a structured assessment required by both Medicare and Medicaid for all residents of skilled nursing facilities Divided into six sections this how to volume contains practical information readers can use right away from getting reimbursed by insurance companies to handling nursing facility politics Clinical History evaluation and management of psychiatric problems in long term care patients an overview of the MDS sexuality within the nursing home care setting Regulatory Introduction to the Nursing Home Reform Act of 1987 part of OBRA 87 and its implications for psychiatric care details about the Resident Assessment Instrument RAI which includes the MDS the Resident Assessment Protocols RAPs and Utilization Guides specified in the State Operations Manual SOP Financial Documentation reimbursement and coding what to look for when contracting with nursing homes Legal and ethical The dehumanizing effect of diagnostic labels and the ethical issues inherent in regulating daily schedules e g bed meal and bath times nursing home placement competence and decision making ability comfort care for end stage dementia coping with Alzheimer s disease and the role of caregivers Summary and Future Perspectives A detailed vision about how psychiatrists can improve the diagnosis and treatment of nursing home patients Appendixes and bibliography Staffing recommendations and assessment instruments Edited by a distinguished authority and former chair of the APA s Committee on Long Term Care and Treatment of the Elderly this comprehensive

volume will appeal to a wide audience of professionals from general psychiatrists nurse practitioners and clinical nurse specialists to primary care physicians and residents      **Occupational Therapy** Coralie H. Glantz, Nancy Richman, 1991  
    **Engineering News-record** ,1923      Mosby's Textbook for Long-term Care Assistants Sheila A. Sorrentino, Jean Hogan, 1994      **Narcotics Interdiction and the Use of the Military** ,1988      *Causal Factors of Nursing Facility Quality* James David Ramsay, 1994

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