

# 30 Day Walking Challenge For Beginners

MON	TUE	WED	THUR	FRI	SAT	SUN
1 mile	1.5 miles	1 miles	1.2 miles	1 mile	2 miles	2 miles
25 minutes	35 minutes	25 minutes	25 minutes	20 minutes	37 minutes	40 minutes
slow pace	25 min slow + 10 min moderate	slow pace	5 min slow + (1 min fast + 1 min slow) x 10	moderate pace	20 min moderate + 17 min fast	moderate pace
MON	TUE	WED	THUR	FRI	SAT	SUN
1 mile	2 miles	1.5 miles	1.8 miles	2 miles	2 miles	3 miles
25 minutes	37 minutes	35 minutes	35 minutes	40 minutes	37 minutes	60 minutes
slow pace	20 min moderate + 17 min fast	25 min slow + 10 min moderate	5 min slow + (2 min fast + 1 min slow) x 10	moderate pace	20 min moderate + 17 min fast	moderate pace
MON	TUE	WED	THUR	FRI	SAT	SUN
1.5 miles	2 miles	3 miles	2 miles	2 miles	2 miles	4 miles
30 minutes	37 minutes	60 minutes	37 minutes	40 minutes	37 minutes	80 minutes
moderate pace	20 min moderate + 27 min fast	moderate pace	5 min slow + (3 min fast + 1 min slow) x 8	moderate pace	20 min moderate + 17 min fast	moderate pace
MON	TUE	WED	THUR	FRI	SAT	SUN
1.5 miles	3 miles	3 miles	2 miles	3 miles	2 miles	5 miles
30 minutes	54 minutes	60 minutes	37 minutes	60 minutes	37 minutes	100 minutes
moderate pace	20 min mod + 34 min fast	moderate pace	5 min slow + (3 min fast + 1 min slow) x 8	moderate pace	20 min moderate + 17 min fast	moderate pace
MON	TUE					
1.5 miles	4 miles					
30 minutes	74 minutes					

Tips To Follow The 30-Day Walking Plan

- 1. Slow is a stroll approx 25 minutes/mile. Use this easy pace to warm up.
- 2. Moderate is a normal walking pace 20 minutes/mile. You can still talk as you walk.
- 3. Fast is walking at a brisk pace where you're pushing yourself 17 minutes/mile.
- 4. Complete sessions in one go or spilt into 2

40 min mod + 34

male fast

5. Repeat a week if you find it too hard.

5

moderate pace

If the plan is too easy increase the intensity of your walks with intervals or hills.

Check out the full 30-Day Walking Plan(and much more) at LoveLifeBeFit.com

# **Walking Workout Ideas Customer Service**

**Douglas Brooks** 

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180 Ways to Walk the Customer Service Talk Eric Lee Harvey, Walk the Talk Team, 1999 180 Ways To Walk The Customer Service Talk is the resource you ll want to read and distribute to every person in your organization Packed with powerful strategies and tips to cultivate world class customer service this handbook promises to be the answer to getting everyone Walking The Customer Service Talk and building a reputation of service integrity At its low price if everyone adopts just a few ideas to help ensure customers come back again this book will pay for itself All employees at every level of the organization need this powerful quide from front line employees to call center representatives sales people telemarketers managers client services and marketing teams Customer Service Training Maxine Kamin, 2006 A practical hands on road map to help the reader quickly develop training in customer service It offers all the exercises handouts assessments structured experiences and ready to use presentations needed to develop effective training sessions **Training 101** Renee Evenson, 2017-12-14 This invaluable resource is the training manual you need to give your employees the thorough training review and if necessary overhaul they need in the vitally important area of customer service If their interactions with you and your employees were the only things your customers knew about your business what would they say about it Would they use descriptions such as uninformed rude hot tempered uncaring For your customer nothing else represents your business more than your employees therefore nothing is more important than arming them with the knowledge and skills they need to find the best solution for every customer Using scenarios guidelines and practice exercises Customer Service Training 101 will train them in Creating positive first impressions Speaking and writing effectively Listening attentively Identifying needs Making customers feel valued Confidently handling customer complaints Your business plan is sound Your product is needed Your growth strategies are ground breaking but poor customer service can bring it all to a crashing halt Equip you and your employees with the necessary skills before it s too late **Exceptional** Customer Service Lisa Ford, David McNair, William Perry, 2009-08-18 When the going s tough companies that survive will be those that build the greatest loyalty by exceeding expectations Yet too often companies ignore their customers needs and wants Today industries like airlines retail businesses and restaurants are feeling consumer pushback With new updated examples from more than fifty companies from Chik Fil A restaurants to the Ritz Carlton hotel chain to online retailer Zappos com this book shows managers how to go from so so service to amazing service In today s market customer service is a key competitive advantage This book shows you how to expand your customer base when the industry is shrinking use new media to reach consumers and make a lasting great impression on customers When businesses are fighting to survive creating a great experience for customers isnit just important it s essential Customer Service Best Practices Ron Zemke, 1998 Navy Customer Service Manual United States. Naval Education and Training Command, 1978 Stellar Customer

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