

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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Tom Stienstra, Ann Marie Brown

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the authors' names.

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Brainpower Game Plan Cynthia R. Green, Cynthia R. Green, PhD, Editors of Prevention, 2009-09-15 Offers a combination of brain boosting foods heart pumping physical activity and fun but functional brain training techniques that promise to improve memory focus reasoning skills and other aspects of cognitive function in a book with seventy five color photos and two hundred illustrations **Armor** ,2005 **Learning Java Programming in Clara's World** Anton Bogdanovych, Tomas Trescak, 2021-06-07 This book introduces the key concepts of Java programming through the eyes of a small ladybug called Clara Clara is a fun and extremely obedient insect whose journey starts with limited skills Readers learn programming by making Clara move around and manipulate objects in her world As the book progresses Clara becomes more intelligent and acquires new skills and together with readers learns by tackling some of the world s greatest challenges The book explains programming concepts through real world problems such as launching rockets into space automatically patching potholes developing a vacuum cleaner robot simulating projectile motion dynamically avoiding obstacles delivering mail etc Every chapter of the book starts by presenting a challenge and then continues to explain new programming concepts with the focus on tackling this challenge Focusing the new material explanation on these challenges helps to remind the readers of how this material is connected with the problems that they may encounter in the real world and makes it easier to relate to You can explore all programming challenges presented in this book on the Clara s World website Every programming problem covered in the book has a corresponding link to a problem template for those readers willing to attempt the problem themselves the link to the solution of this problem and a video recording of us solving this problem step by step In addition at the end of each chapter there is a link to fun exercises that readers are recommended to complete **A Wealth of Well-Being** Meir Statman, 2024-04-23 Unravel the complex relationship between finances and life well being In A Wealth of Well Being A Holistic Approach to Behavioral Finance Professor Meir Statman established thought leader in behavioral finance explores how life well being the overarching aim of individuals in the third generation of behavioral finance is underpinned by financial well being and how life well being extends beyond financial well being to family friendship religion health work and education Combining recent scientific findings by scholars in finance economics law medicine psychology and sociology with real life stories at the intersection of finances and life this book allows readers to clearly see how finances are intertwined with life well being In this book readers will learn How dating marriage widowhood and divorce are all affected by finances and affect them Why the relationship between parents grandparents children and friends changes as finances fluctuate How finances affect choices of education such as colleges and how these choices vary across different cultures around the world A Wealth of Well Being A Holistic Approach to Behavioral Finance earns a well deserved spot in the libraries of financial advisors financial planners investors and all individuals looking to move beyond standard finance and enhance both financial well being and life well being Podcasting for Profit Leesa Barnes, 2008 Provides a plan for

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Frozen Melissa de la Cruz, Michael Johnston, 2014-10-02 Welcome to New Vegas a city once covered in bling now blanketed in ice Like much of the destroyed planet the place knows only one temperature freezing But some things never change The diamond in the ice desert is still a 24 hour hedonistic playground and nothing keeps the crowds away from the casino floors never mind the rumors about sinister sorcery in its shadows At the heart of this city is Natasha Kestel a young blackjack dealer looking for a way out Like many she s heard of a mythical land simply called the Blue They say it s a paradise where the sun still shines and the waters are turquoise More importantly it s a place where Nat won t be persecuted even if her darkest secret comes to light But passage to the Blue is treacherous if not impossible and her only shot is to bet on a ragtag crew of mercenaries led by a cocky runner named Ryan Wesson there Danger and deceit await on every corner even as Nat and Wes find themselves inexorably drawn to each other But can true love survive the lies Fiery hearts collide in this fantastic tale of the evil men do and the awesome power within us all This is a remarkable first book in a spellbinding new series about the dawn of a new kind of magic

The Business of iPhone App Development Dave Wooldridge, Michael Schneider, 2010-08-26 The phenomenal success of the iPhone and the iPod touch has ushered in a gold rush for developers but with well over 100 000 apps in the highly competitive App Store it has become increasingly difficult for new apps to stand out in the crowd Achieving consumer awareness and sales longevity for your iPhone app requires a lot of organization and some strategic planning This book will show you how to incorporate marketing and business savvy into every aspect of the design and development process giving your app the best possible chance of succeeding in the App Store The Business of iPhone App Development was written by experienced developers with business backgrounds taking you step by step through cost effective marketing techniques that have proven successful for professional iPhone app creators perfect for independent developers on shoestring budgets Although there are a few iPhone app marketing books on the horizon they appear to tackle

the subject from purely a marketer's perspective What makes this book unique is that it was written by developers for developers showing you not only what to do but also how to do it complete with time saving resources and ready to use code examples No prior business knowledge is required This is the book you wish you had read before you launched your first app

Fragging Fundamentals Eric Lancheres,2013-07-21 How to compete at the highest levels of competitive FPS gaming An in depth look at the strategies to improve your individual play as well as the secrets to winning competitions Fraggingsfundamentals com

Electronic Healthcare Dasun Weerasinghe,2009-02-14 eHealth 2008 the First International Conference on Electronic healthcare for the twenty first century was held in City University London during September 8 9 2008 The conference was organized as a meeting point for telecare product vendors policy makers government ministers academics clinicians and all those involved in electronic and mobile health to examine and to share ideas contributing to the advancement of electronic healthcare into the twenty first century The conference had a huge success with a large number of paper submissions Ninety seven papers were submitted of which 32 were selected for presentation Each paper was carefully reviewed blindly by a minimum of three referees from the respective field A special thanks should go to the Technical Program Committee for their hard and efficient work in the review process In addition to the submitted contributions the conference included a business presentation track with 12 invited talks by key people in the world of eHealth The business presentation track was chaired by Sir Jonathan Michael Deputy Director BT Health The success of this conference is to be credited to the contribution of many people

The Pain Survival Guide Dennis C. Turk,Frits Winter,2020-03-10 This 10 lesson self management program offers strategies for coping with chronic pain Despite recent advances in the study of pain there is still no medical treatment alternative therapy or herbal concoction that eliminates all pain for all people all of the time In this book you will learn to make adjustments to your daily patterns from your activity choices to your sleep eating interactions with others and even your thoughts so you can take control of your life and your pain

Mastering AutoCAD Civil 3D 2009 James Wedding,Dana Probert,2011-01-11 If you already possess some background in Civil 3D but want to broaden your understanding of this popular civil engineering software Mastering AutoCAD Civil 3D 2009 will provide you with detailed coverage of advanced topics like surveying LandXML and LDT Project Transfer cross sections pipe networks visualization project management and data shortcuts Many of the featured topics and techniques directly applicable to the civil engineering profession are previously undocumented Practical tutorials tips tricks real world examples and easy to follow explanations detail all aspects of a civil engineering project For Instructors Teaching supplements are available for this title

Python for ArcGIS Pro Silas Toms,Bill Parker,Dr. Christopher Tucker,Rene Rubalcava,2022-04-29 Extend your ArcGIS expertise by unlocking the world of Python programming A fully hands on guide that takes you through exercise after exercise using real data and real problems NOTE This book is compatible with ArcGIS Pro 2.9 Key FeaturesLearn the core components of the two Python modules for ArcGIS ArcPy and ArcGIS API for PythonUse ArcPy pandas NumPy and ArcGIS in

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