

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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Michigan. State Board of Health



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A Complete Guide to Training Library Staff Emily Leachman,A. Garrison Libby,2024-11-14 This practical guidebook presents an infrastructure for training library staff starting with a robust onboarding process and continuing through a staff member s entire duration at an institution Because library services and resources can change rapidly ongoing training is an important aspect of library operations Training can be a particular challenge at large multi branch library systems because it can be difficult to ensure all staff are able to receive the relevant information Written for library managers and training leaders A Complete Guide to Training Library Staff presents a comprehensive lifecycle for staff development with a focus on tools and techniques to build a sustainable training program set staff up for success in their positions and develop a positive and supportive community across the library Authors Emily Leachman and A Garrison Libby spearheaded their library s movement to largely online trainings which are inclusive of staff at all branch locations This practical guidebook helps managers and trainers develop a comprehensive plan that allows new staff to quickly become acquainted with the operations of the library provides ongoing training to make staff aware of new procedures and services and creates a collaborative and supportive training environment to empower staff to learn and lead

Becoming a Sport, Exercise, and Performance Psychology Professional J. Gualberto Cremades,Lauren S. Tashman,2014-05-23 This edited book by two prominent professionals of Sport and Exercise and Performance Sciences addresses relevant issues and experiences as one becomes a sport exercise and performance psychology practitioner Chapters discuss the supervision and training involved along with models of practice theory techniques and ethical issues

Interactive Visual Ideas for Musical Classroom Activities Catherine Dwinal,2020 The digital interactive projection system is a staple of nearly every music classroom in the United States By allowing teachers to show students methods and outcomes from a computer these systems have become a necessity for reaching students who grew up as digital natives But as author and distinguished music educator Catie Dwinal demonstrates such systems can be much more meaningful pedagogical tools than simple replacements for chalk boards In this book she offers practical tips tricks resources and 50 activities ideal to use alongside classroom projection systems She focuses especially on tips and activities for beginning teachers giving them the confidence to take a step out of their comfort zone and learn new ways of engaging students with technology More than this she provides reference materials that will serve as a trusted reference resource for years to come

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The Indian Magazine ,1886 **Introduction to Teaching Physical Education** Jane M. Shimon,2019-02-07 Introduction to Teaching Physical Education Principles and Strategies already a popular text for students considering majoring or minoring in physical education is now even stronger in this new second edition Three strengths that set the second edition of this book apart from its competitors are its sole focus on physical education the depth and breadth

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