

HOW TO BURN MORE CALORIES WALKING

SUPERSKINNYME.COM/WALKING

Walking. Countless numbers of doctors recommend it. Scores of studies extol its benefits. Walking is an incredibly effective exercise. It is also convenient & easily integrated into daily life. Here's how to up the ante & turn a regular walk into a **challenging workout** to burn a ton of calories, lose weight, tone up & get fit.

POSTURE

SHOULDERS BACK & RELAXED, EYES LOOKING FORWARD & CHIN LEVEL

WEIGHT

WEAR A WEIGHTED VEST OR A BACKPACK. AVOID HAND & ANKLE WEIGHTS.

ARM SWING

BEND ELBOWS AT 90° ANGLE & SWING ARMS FORWARDS & BACK.

GLUTE SQUEEZE

SQUEEZE GLUTES TOGETHER AS YOU PUSH OFF WITH BACK FOOT TO SHAPE & FIRM BUTT.

HILLS

HILLY TERRAIN TONES BUTT & BACK OF THIGHS, & GREATLY BOOSTS CALORIE BURNING.

HEART RATE

GET HEART RATE UP TO BURN CALORIES: WALK AT A BRISK PACE - AS THOUGH LATE FOR AN APPOINTMENT.

WALKING POLES

NORDIC WALKING POLES CAN INCREASE CALORIE BURNING BY ALMOST 50%

ABS

PULL TUMMY MUSCLES IN TO TONE ABS & BURN MORE CALORIES.

LIFT KNEES

ADD INTERVALS: KNEE LIFTS (BRING KNEES TOWARDS CHEST) OR SOLDIER KICKS (KEEP KNEES STRAIGHT).

LONG STRIDE

INCREASE STRIDE LENGTH TO TARGET INNER & OUTER THIGH MUSCLES.

UNEVEN TERRAIN

WALK ON TRAILS, GRASS, SAND, GRAVEL, SNOW OR MANEUVER AROUND ROCKS.

TOE PUSH-OFF

STRIKE THE GROUND WITH HEEL, ROLL FORWARD THROUGH ARCH OF FOOT & PUSH FROM TOES.

ADD SHORT INTERVALS: Increase speed (walk faster or jog), walk hills, or climb stairs for several minutes to boost calorie burn.

See superskinny.me.com/walking for the complete guide on how to burn more calories walking.

1-minute intervals walking backwards. Move slowly on an even surface, clear of traffic & obstacles. Super challenging!

1-minute intervals of sideways shuffle. Left & right sides. Unusual movement is very challenging & works muscles hard.

Walk Your Way To Weight Loss

Debbie Rocker, Laura Tucker



Walk Your Way To Weight Loss:

Walk Your Way to Health: A Comprehensive Guide Marcus B. Cole, 2023-01-01 The path to wellness starts with a single step Discover the transformative power of walking with Walk Your Way to Health A Comprehensive Guide This essential guide will take you on a journey through the many benefits and techniques of walking offering practical advice and motivation to help you make walking a part of your daily routine Whether you re looking to lose weight improve your mental health or simply lead a more active lifestyle walking is the perfect low impact exercise to help you reach your goals Inside this book you ll find invaluable information on The incredible health benefits of walking from boosting your immune system to reducing the risk of chronic diseases Techniques for walking with proper form posture and gait ensuring you make the most out of every step Tips for staying motivated and making walking a regular part of your routine whether you re a beginner or an experienced walker How to choose the right footwear clothing and gear to maximize comfort and safety on your walks A variety of walking workouts and challenges to help you achieve specific fitness goals and keep things fresh and exciting Strategies for integrating walking into your daily life including walking to work walking during breaks and walking as a form of meditation The benefits of walking in nature and exploring scenic trails with recommendations for the best walking destinations Walking for specific populations such as seniors pregnant women and individuals with disabilities ensuring that everyone can experience the joy and benefits of walking Don t let another day go by without experiencing the life changing effects of walking Start your journey towards better health and well being today with Walk Your Way to Health A Comprehensive Guide Unlock the secrets to a healthier happier life with every step you take Contents The Health Benefits of Walking Physical Health Advantages Mental Health Benefits Social and Emotional Perks Walking for Weight Loss Calories Burned While Walking Combining Walking with a Healthy Diet Setting Realistic Weight Loss Goals Walking Techniques for Maximum Benefits Proper Walking Posture The Art of Breathing Arm and Leg Motion Choosing the Right Footwear The Importance of Proper Walking Shoes Shoe Shopping Tips Shoe Care and Replacement Walking for Different Fitness Levels Beginner Walkers Intermediate Walkers Advanced Walkers Incorporating Walking into Your Daily Routine Making Time for Walking Walking During Work Breaks Exploring Your Neighborhood Walking for Different Ages Walking for Children Walking for Adults Walking for Seniors Walking in Different Environments Urban Walking Nature Trails and Parks Indoor Walking Options Safety Tips for Walking Proper Hydration Weather Considerations Walking at Night Group Walking and Social Connections Walking Clubs Walking with Friends Charity Walks and Events The Power of Mindful Walking Connecting with Your Surroundings Stress Relief through Walking Walking Meditation Setting Walking Goals Short term Goals Long term Goals Tracking Your Progress Overcoming Walking Plateaus Intensity and Duration Interval Training Cross Training Options Walking and Technology Fitness Trackers and Apps Smartphone Features Online Walking Communities Listening to Your Body Recognizing Signs of Fatigue Addressing Aches and Pains Preventing Injuries Walking for Rehabilitation Post

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Lindsey P, 2014-08-11 Walk Your Way To Weight Loss 2nd edition The Ultimate Guide On How To Lose Weight Burn Fat Stay Thin With Walking Walking is amazingly one of the easiest cheapest and safest ways for you and everyone else to get up and start exercising Health experts all agree that a 30 minute moderate physical activity on most days in a week is a must and walking is one of the best examples around There have been so many reported health benefits of walking like reducing the risks for certain medical conditions heart disease and high blood pressure reducing depression making us much happier and livelier instead helping us all to sleep better at night which is simply what everyone wants these days and of course WEIGHT LOSS Better yet think of walking as an all in one package program with all the amazing health benefits Nothing could be better than this The same health experts also agree on the fact that engaging in physical activities regularly is your strong foundation for good health and well being and walking happens to be the easiest and cheapest way to become physically active Simply grab a good pair of shoes and you are all set to brisk walk by the way brisk walking is highly considered an ideal moderate level physical activity your way to weight loss and staying thin forever Walking burns off all those unwanted fats dangling in our bellies so they could be converted into fuel our body needs Here Is A Preview Of What You ll Learn Understanding the Role of Walking in Losing Weight Six Scientific Facts About Walking Why Walk Your Way to Weight Loss Before Starting Your Walking Program Your Walking Form Walking Your Way Towards Weight Loss Walk This Way Walk That Way More Smart Walking Ideas Using Pedometer in Walking to Shape Up and Slim Down Walking to Lose Weight Success Stories Walking Workout Plans and How it Works Additional Facts About Walking Joining a Walking Club Much

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