



4-WEEK WALKING CHALLENGE



Get your steps up - and all the feel-good benefits - of daily time outdoors

WEEK 1

MONDAY

3 X 10-MIN WALKS,
EASY PACE

TUESDAY

30-MIN WALK, BRISK

WEDNESDAY

30-MIN WALK, EASY
PACE + STRENGTH
WORKOUT

THURSDAY

30-MIN WALK, EASY
PACE + STRENGTH
WORKOUT

FRIDAY

30-MIN WALK,
BRISK + WORKOUT
OF YOUR CHOICE

SATURDAY

2 X 30-MIN WALKS,
EASY PACE

SUNDAY

60-MIN WALK,
BRISK

WEEK 2

MONDAY

3 X 20-MIN WALKS,
EASY PACE

TUESDAY

1 X 30-MIN WALK,
BRISK + 1 X 15-MIN
WALK, EASY PACE

WEDNESDAY

35-MIN WALK, EASY
PACE + STRENGTH
WORKOUT

THURSDAY

35-MIN WALK, EASY
PACE + STRENGTH
WORKOUT

FRIDAY

30-MIN WALK,
BRISK + WORKOUT
OF YOUR CHOICE

SATURDAY

2 X 40-MIN WALKS,
EASY PACE

SUNDAY

75-MIN WALK,
BRISK

WEEK 3

MONDAY

4 X 15-MIN WALKS,
EASY PACE

TUESDAY

1 X 30-MIN WALK,
BRISK + 3 X 20-MIN
WALK, EASY PACE

WEDNESDAY

40-MIN WALK, EASY
PACE + STRENGTH
WORKOUT

THURSDAY

40-MIN WALK, EASY
PACE + STRENGTH
WORKOUT

FRIDAY

30-MIN WALK,
BRISK + WORKOUT
OF YOUR CHOICE

SATURDAY

2 X 45-MIN WALKS,
EASY PACE

SUNDAY

90-MIN WALK,
BRISK

WEEK 4

MONDAY

4 X 20-MIN WALKS,
EASY PACE

TUESDAY

1 X 40-MIN WALK,
BRISK + 1 X 30-MIN
WALK, EASY PACE

WEDNESDAY

2 X 30-MIN WALKS,
BRISK + STRENGTH
WORKOUT

THURSDAY

2 X 30-MIN WALKS,
BRISK + STRENGTH
WORKOUT

FRIDAY

30-MIN WALK,
BRISK + WORKOUT
OF YOUR CHOICE

SATURDAY

2 X 60-MIN WALKS,
EASY PACE

SUNDAY

105-MIN WALK,
BRISK

Weight Loss Guide

Kathy Keenan Isoldi



Weight Loss Guide:

Adopting the Melody of Term: An Emotional Symphony within **Weight Loss Guide**

In a world taken by monitors and the ceaseless chatter of quick interaction, the melodic beauty and psychological symphony created by the written term frequently diminish into the back ground, eclipsed by the relentless sound and disruptions that permeate our lives. However, situated within the pages of **Weight Loss Guide** a stunning fictional prize overflowing with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by a wonderful musician of language, this captivating masterpiece conducts readers on a psychological trip, skillfully unraveling the concealed melodies and profound impact resonating within each carefully crafted phrase. Within the depths with this moving review, we shall examine the book is key harmonies, analyze its enthralling publishing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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






















































































































































































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