

28 DAY WALKING CHALLENGE

WALK OFF THE POUNDS
+ FREE PRINTABLE



1

MON	TUE	WED	THUR	FRI	SAT	SUN
1 mile 25 minutes	1.5 miles 35 minutes	1.5 miles 30 minutes	2 miles 45 minutes	2 mile 40 minutes	2 miles 37 minutes	3 miles 60 minutes
slow pace	25 min slow + 10 min moderate	moderate pace	25 min slow + 20 min moderate	moderate pace	20 min moderate + 17 min fast	moderate pace

2

MON	TUE	WED	THUR	FRI	SAT	SUN
1 mile 20 minutes	2 miles 37 minutes	3 miles 60 minutes	3 miles 51 minutes	2 miles 40 minutes	3 miles 57 minutes	4 miles 80 minutes
moderate pace	20 min moderate + 17 min fast	moderate pace	fast pace	moderate pace	40 min mod + 17 min fast	moderate pace

3

MON	TUE	WED	THUR	FRI	SAT	SUN
2 mile 40 minutes	3 miles 57 minutes	4 miles 80 minutes	4 miles 68 minutes	2 miles 40 minutes	4 miles 74 minutes	5 miles 100 minutes
moderate pace	40 min mod + 17 min fast	moderate pace	fast pace	moderate pace	40 min mod + 34 min fast	moderate pace

4

MON	TUE	WED	THUR	FRI	SAT	SUN
2 mile 40 minutes	4 miles 74 minutes	5 miles 100 minutes	5 miles 85 minutes	3 miles 60 minutes	5 miles 91 minutes	6 miles 120 minutes
moderate pace	40 min mod + 34 min fast	moderate pace	fast pace	moderate pace	40 min mod + 51 min fast	moderate pace

Tips To Follow The 28-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 split into 2
5. Repeat a week if you find it too hard.
6. If the plan is too easy increase the intensity of your walks with intervals or hills.

Check out the full 28-Day Walking Plan (and much more) at LoveLifeBeFit.com



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The 28 Day Plan

Shelley Rael MS, RDN



The 28 Day Plan:

The 28 Day DASH Diet Weight Loss Program Andy De Santis RD, MPH, Julie Andrews MS, RDN, CD, 2018-12-18 Lose weight and lower your blood pressure with a DASH diet and exercise plan Learn how to better manage your weight by combining the naturally balanced DASH diet with simple but effective lifestyle changes Featuring a full meal plan as well as guides for exercise dealing with stress and even improving your sleep this standout among diet books for weight loss gives you the tools for long term health This DASH diet guide includes A 28 day plan Skip the research and guesswork with a complete overview of the DASH diet and weeks of guided meals with simple tips and instructions to get you started A holistic approach Stay on course with exercise charts and habit trackers that let you record your progress and see where you're succeeding and where you need a little help Tasty recipes Going DASH doesn't mean giving up your favorites Learn healthy conscious ways to whip up everything from Crispy Fish Sandwiches to Sweet Potato Pancakes Live your healthiest life with this complete guide to the DASH diet *The 28 Day Plan* Christine Green, 2012-11-23 **Rosemary Conley's Amazing Inch Loss Plan** Rosemary Conley, 2012-09-30 Yes You can lose a stone in a month and my trial dieters proved it By following my brand new simple step by step 28 day plan you'll see dramatic results like never before In trials a team of 50 dieters aged between 18 and 70 lost an average of 1 stone in just 28 days Medically approved and the most effective diet I've ever created the Amazing Inch Loss Plan is incredibly easy to follow and provides a safe long term way of keeping the weight off I've included extensive and varied meal plans and essential motivational tips Plus for the first time ever I've incorporated high protein meal options perfect for dieters wishing to avoid carbohydrates **The One-Pot Weight Loss Plan** Shelley Rael MS, RDN, 2019-12-03 Quick weight loss that lasts one pot recipes and meal plans Sustainable weight loss is about more than dieting it's about changing your lifestyle The One Pot Weight Loss Plan has 85 mouthwatering one pot recipes and four meal plans to help you lose weight quickly and keep it off over the long term You won't feel like you're missing out on your favorite foods with recipes like Pesto Quinoa Bowl Turkey Chili Ground Beef Tacos and Strawberry Cheesecake that take only one pot to make and are packed with flavor You'll also get a brief exercise plan handy grocery shopping lists a helpful template for creating your own meal plans and more This weight loss guide includes Diverse dishes Try a variety of delicious one pot recipes using everything from sheet pans to Dutch ovens skillets blenders and beyond Lifestyle tips Get practical pointers for adopting a healthier lifestyle including tips for reducing stress getting plenty of sleep and establishing an exercise routine Macro level info Learn what macronutrients are and why they matter plus get guidance on how to balance your macros for optimal weight loss that lasts in the long term Drop the pounds and keep them off These delectable one pot recipes and healthy meal plans are everything you need for quick lasting weight loss *The Busy Mum's Guide to Weight Loss* Rhian Allen, 2018-04-24 Join the thousands of women who have lost weight with The Healthy Mummy The Healthy Mummy is Australia's fastest growing online hub for busy mums who want to lose weight and improve their health and fitness With

more than 15 million followers founder Rhian Allen has helped thousands of women lose weight with the hugely popular Healthy Mummy 28 Day Weight Loss Challenge devised by her team of nutritionists and health experts Now for the first time Rhian combines this eating and exercise plan in one book including more than 100 simple delicious recipes the whole family will love This is the perfect book for busy mums on a budget who are ready to achieve their weight loss and fitness goals This is a specially formatted fixed layout ebook that retains the look and feel of the print book **Ultimate Training** Gary Null, Howard Robins, 1993-03-15 A respected health expert and author of over 40 books applies his visionary philosophy of holism to long distance running in a guide which shows how to heighten running ability while increasing the well being of the whole body Includes a 28 day running plan that can be incorporated into a busy schedule a detailed list of common running injuries an extensive nutritional guide and more *BodyWise* Rachel Carlton Abrams, M.D., 2016-12-27 Are you tired Do you suffer from chronic pain headaches backaches or other persistent discomfort Do you experience depression or feel anxious Do you have allergies or autoimmune issues Have you lost your sex drive somewhere along the way If you have one or more of these symptoms you may be suffering from what Rachel Carlton Abrams MD calls Chronic Body Depletion a condition that can be related to weight gain high blood pressure exhaustion and many other symptoms that leave the body drained In *BodyWise* Dr Abrams helps us to understand that these symptoms uncomfortable as they may be are actually a sign of our body's intelligence Our bodies are trying to communicate sometimes screaming at us to pay attention and only when we learn to listen are we able to treat what ails us to achieve optimum healing and lifelong health Dr Rachel shares her customizable 28 day program used with thousands of patients in her clinic for healing the body both physically and emotionally Through quizzes and detailed self assessments she explains how you can evaluate your own body wisdom for different areas in your life including stress sleep libido pain anxiety depression allergies and autoimmune issues Guiding you through thoughtful diet routine and lifestyle changes *BodyWise* will help you discover your own unique needs and offer you the principles and practices to create the vibrant balanced healthy life you have always deserved *NASA Authorization* United States. Congress. Senate. Committee on Commerce, Science, and Transportation. Subcommittee on Science, Technology, and Space, 1989 *The Abundance Diet: The 28-Day Plan to Reinvent You Health, Lose Weight, and Discover the Power of Plant-Based Foods* Somer McCowan, 2015-06-09 A groundbreaking cookbook and diet plan based on whole plant based food This groundbreaking cookbook and diet plan is for anyone who wants to take control of their weight and health through whole plant based foods Somer's 28 Day Diet Plan includes a foreword by Neal Barnard M D and a optional bonus juice feast to kick start your weight loss and health journey The plan includes over 100 delicious recipes all gluten free and is customizable to suit individual tastes Among the delicious nutrient packed recipes are Cheesy Smoky Spicy Black Bean Soup Easy Quinoa Burgers Rolled Eggplant and Zucchini Lasagna Whole Grain Pancakes Blueberry Peach Tart with Apricot Crumble Many more Somer herself reversed severe Ulcerative Colitis through a plant based diet and many who have tried

her plan lost weight quickly and safely while feeling full and eating an abundance of whole plant based foods Part of what makes this plan so unique is that the author has simplified the method so readers don t have to count calories With The Abundance Diet readers can dramatically change their overall health reduce their cholesterol take control of their blood pressure and shrink their waistline In addition to the 28 Day Diet Plan and bonus juice feast an entire chapter is devoted to fitness helping the reader to incorporate exercise regardless of fitness ability Color photos References Index Is It Me or My Hormones? Marcelle Pick, MSN, OBGYN, NP, 2014-03-03 The four week plan for hormonal health that will stabilize your hormones and make you feel like yourself again One of the most common and agonizing problems women face today is hormonal imbalance Sometimes it s a nightmarish premenstrual syndrome depression cravings bloating weight gain irritability and even out of control rage for up to three weeks each month Sometimes it s periods so painful that you have to arrange your entire life around your cycle Sometimes it s a rocky passage into perimenopause that changes everything you know about yourself and your body Luckily you can resolve these hormonal issues you just need accurate actionable information to do so In Is It Me or My Hormones Marcelle Pick author of The Core Balance Diet and Is It Me or My Adrenals delves into the often misunderstood world of female hormonal imbalance Sharing her personal struggles and her experiences with patients Marcelle helps you understand how the right diet exercise supplements herbs and psychological support occasionally complemented with bioidentical hormones can free you from hormone disruption After walking you through the basic science of how your hormones affect your body mind and emotions Marcelle lays out an accessible easy to follow four week plan for hormonal health complete with schedules exercises supplements meal plans and recipes that will stabilize your hormones in just one month and make you feel like yourself again It s hard to imagine what a huge impact your diet your lifestyle your thoughts and your hormones can have on your health and well being Unlike many medical professionals Marcelle knows that your symptoms aren t just a normal part of being a woman or not that big a deal And in this book she validates your experience of hormonal imbalance and opens your eyes to the power you have over your health So join Marcelle on this journey to implement simple natural changes that will help eliminate your cravings depression mood swings and weight gain and make you feel energized sexual and in command of your life By paying attention to hormonal balance you can sail through your 40s and 50s as an energetic sensuous and sexually alive woman reaping the benefits of age and experience while enjoying the vitality of youth Marcelle Pick

The Enigmatic Realm of **The 28 Day Plan**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **The 28 Day Plan** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those who partake in its reading experience.

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The 28 Day Plan Introduction

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