

KEEP RECORDS OF YOUR WALKS: This will help inspire you and keep you on track. Some people use a pedometer and log their progress to help motivate them towards their goal. For weight loss you should shoot for around 10,000 steps a day. For kicks set a goal of walking the distance of the U.S.A. and see how long it takes you. Forest Gump did it, and so can you.

WEEK 1

1. First a slow and easy 5-minute walk warm-up.
2. Then pick up the pace a bit for another 10 minutes.
3. End with a 1-2 minute cool down walk.
4. Stretch, nice and slow and easy.

Pick a time to walk every day and do this five days the first week. Your conditioning your mind and your body to a habit. Gotta stick to your walking program to make it work.

WEEK 2

1. First a slow and easy 5-minute walk warm-up.
2. Then pick up the pace for another 15 minutes.
3. End with a 1-2 minute cool down walk.
4. Stretch, nice and slow and easy.

Do this five days the second week. Remember you have to make it a habit. It's a lifestyle change that will work, but only if you do it.

WEEK 3

1. First a slow and easy 5-minute walk warm-up.
2. Then pick up the pace for another 20 minutes.
3. End with a 5 minute cool down walk.
4. Stretch, nice and slow and easy.

Do this five days the third week. Stick with it, it's the only way to burn the fat and drop the pounds.

WEEK 4

1. First a slow and easy 5-minute walk warm-up.
2. Then pick up the pace for another 25 minutes.
3. End with a 5-minute cool down walk.
4. Stretch, nice and slow and easy.

Do this five days the fourth week. Once you are able to walk 30 minutes at a time comfortably, start to step up your walking routine. Try increasing the time and looking for some stairs or hills to work into the mix. Just keep on walking...smiles, Gigi