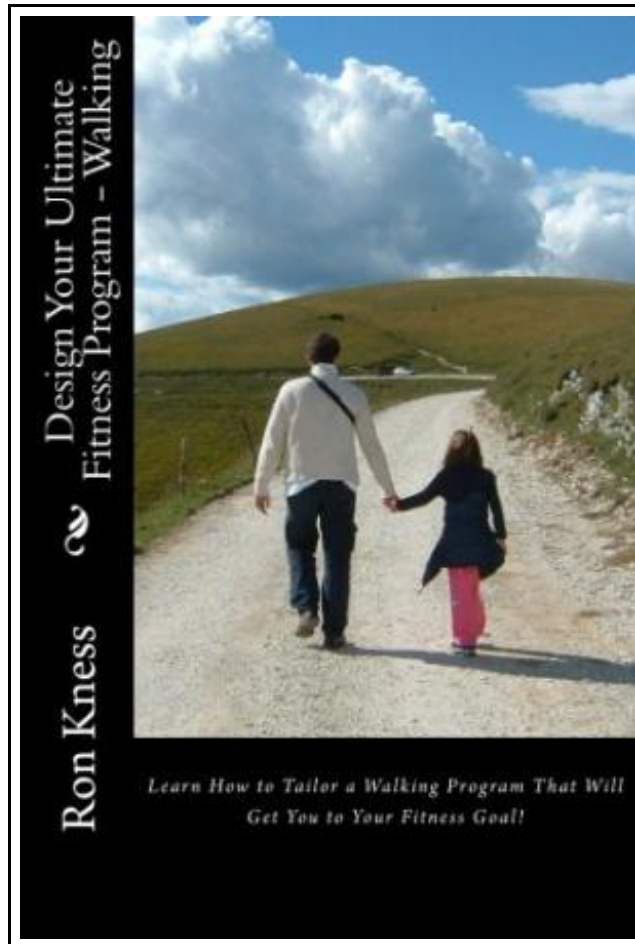# Design Your Ultimate Fitness Program - Walking: Learn How to Tailor a Walking Program That Will Get You to Your Fitness Goal!

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Reviews

Good e-book and useful one. It typically does not expense an excessive amount of. I am just delighted to tell you that this is basically the finest book we have read during my very own existence and could be he best ebook for actually.
(Audra Hodkiewicz)

DESIGN YOUR ULTIMATE FITNESS PROGRAM - WALKING: LEARN HOW TO TAILOR A WALKING PROGRAM THAT WILL GET YOU TO YOUR FITNESS GOAL!

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In my book Design Your Ultimate Fitness Program - Walking, we discuss the considerations that need to be made when designing a custom walking program, along with: Equipment needed Wearable technology you can use to track your walking And how to make walking more challenging Equipment Needed Basically a good pair of walking shoes fitted to your feet and moisture-wicking socks are all the minimum equipment that is needed. Of course, you ll want to tailor what you wear to the weather at the time you walk. Be sure to layer so you can take off pieces as you heat up. Wearable Technology Gadgets to track your stats can range from a simple pedometer to a fancy accelerometer that not only tracks steps, but calories and sleep. Many of the items also have apps associated with them that allow you to track trends, both eating and fitness. Make Walking More Challenging If you keep doing the same walk for the same amount of time, eventually you ll hit a plateau where you are not seeing any forward progress. There are changes you can make to your walking program that further challenge your body, so you can again see progress either on the scale, in your energy level or increased muscle strength.

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