

# TURN YOUR EVERYDAY WALK INTO A FAT-BURNING WORKOUT

Walking is one of the, if not the most, popular physical activity for good reasons. It is easy to do because it comes naturally to most and requires no equipment. Just lace up your shoes and hit the course.

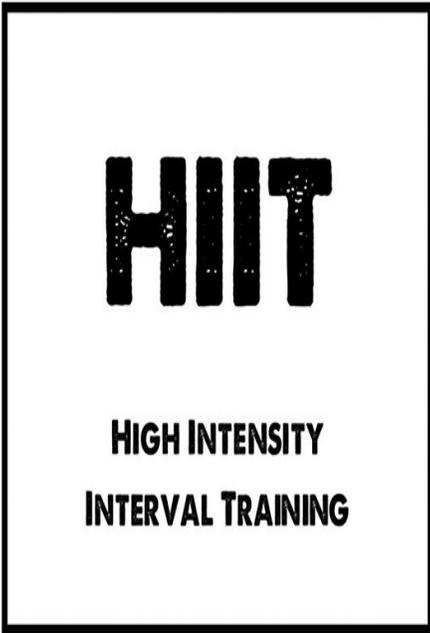
## A FEW BENEFITS OF WALKING:

- Reduces your risk of many cancers
- Reduces your risk of heart disease which is the leading cause of death for men and women in the United States
- Improves your blood pressure and cholesterol
- Raises your metabolism so that you burn calories at a faster rate
- Promotes more restful sleep
- Reduces your risk for osteoporosis
- Helps increase your energy levels, flexibility, balance, and posture
- Slows aging by improving your brain function
- Increases your endorphins (that happy feeling)
- Reduces depression



## BEST WALKING SHOES:

- ⇒ Brooks
- ⇒ Ryka
- ⇒ Hoka
- ⇒ Asics
- ⇒ New Balance
- ⇒ Skechers
- ⇒ Saucony



## WALKING FOR FAT LOSS

Although many people walk to improve fitness, others can walk with a goal of improving body composition by reducing excess body fat and increasing muscle mass. When combined with a healthful diet, walking can have a direct impact on body composition.

It is important to remember that exercise and healthy eating go hand and hand. Do not expect to see a lot of changes in your body if you only add walking, but keep your eating habits the same.

*“The body achieves  
What the mind believes”*

## TREADMILL HIIT WORKOUT 2

26 MINUTE WORKOUT

WARM-UP: 2.5 MIN WALK

6 INTERVALS (20 MINUTES):

INTERVAL 1: 1:30 RUN | 2:00 WALK

INTERVAL 2: 1:30 RUN | 2:00 WALK

INTERVAL 3: 1:30 RUN | 2:00 WALK

INTERVAL 4: 1:30 RUN | 2:00 WALK

INTERVAL 5: 1:30 RUN | 2:00 WALK

INTERVAL 6: 1:30 RUN | 2:00 WALK

COOL-DOWN: 2.5 MIN WALK

## INCOORPORATING HIIT INTO A WALK

Going on a brisk walk at a consistent pace certainly has plenty of health benefits but if you have been doing this for months or years it is time to change it up. Have you ever thought of adding high intensity interval training to your walks? This will allow you to maximize your routines.. HIIT will also increase your metabolic burn while incorporating strength training into your workouts. The best of both worlds!

A few bodyweight examples:

Example 1: 10 minutes walking at a brisk pace,

Stop and complete:

10 squats (or squat jumps)

10 push-ups

10 alternating lunges (10 each leg)

20 jumping jacks

Repeat all of the above– including the walking  
3 more times

## Question & Answer

Q

Do I need to vary my workout to see results?

A

If you want to see real change in your body you need to mix up your routine. The body quickly adapts to exercise and if you continue to do the same workout or use the same weights, it will plateau as it stops responding to the training stimulus. Increase frequency, intensity or the type of training as often as you can.

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## INCOORPORATING HIIT INTO A WALK

Example 2: 5 minutes walking at a brisk pace,

Stop and complete:

20 squats

20 lunges (alternating)

20 mountain climbers

20 plank jacks

10 push-ups

Repeat all of the above every 5 minutes for 45-60 minutes

Example 3: 5 minutes walking at a brisk pace (treadmill or find a hill, stairs, etc.)

1 minute on an incline, uphill, or stepping up and down on a curb

2 minutes brisk walk or light jog

1 minute on an incline, uphill, or stepping up and down on a curb

Repeat for 30-60 minutes

