



BioTreasures®

We treasure your health!

BIOTREASURES' FAT-BLASTER WALKING WORKOUT

40-Minute Walk Routine + 5-Minute Before/After Stretches = 50 Minutes Total Time

Fall is a great time to begin a walking program. Whether you prefer to walk around your neighborhood or would rather find a scenic country road, this **Fat-Blaster Walking Workout** will turn on your body's fat-burning furnace.

Walking is one of the easiest ways to shed extra pounds. With our budgets stretched to the limit, walking is much more affordable than costly gym memberships or expensive exercise machines.

Think of your **walking speed** in terms of 3 levels of intensity.

Level 1: Is your "warm-up" and "cool down" walking speed. This is a nice slow walk that moves blood into your muscles preparing them for the next step in your workout. It also helps cool down your body by allowing blood flow to return to normal rates at the end of your workout.

Level 2: Think of this as a "strolling walk". Breathe in deeply and slowly as you walk.

Level 3: Bumping up your walking speed to a quick-paced "cardio walk" turns on your body's fat burning furnace. This level is quite brisk. Think of this level as the speed you would walk if you were running late for something. Your aim is to be winded but still able to speak. Test yourself by repeating the Pledge of Allegiance. If you're not winded, you're not walking fast enough; if you can't say a somewhat breathy Pledge of Allegiance, you're walking too fast.

LET'S BEGIN:

1. **Stretch** for 5 minutes. (See *Warm Up Stretches for Walking*)
2. **Begin** at Level 1 with the "warm-up walk" for 5 minutes.
3. **Step up** your speed just a notch to Level 2 for a nice "strolling walk" for 5 minutes.
4. Now **bump it up** to Level 3 for a brisk "cardio walk". Starting with 10 minutes, work into maintaining this level for 20 minutes over the next 3 weeks.
5. **Drop back** to Level 2 for your "strolling walk". In the beginning, spend 20 minutes at this level, working to spend less time at this speed as you spend more time in your Level 3 "cardio walk".

Examples:

- ❖ **Week One:** Level 3 for 10 minutes + Level 2 for 20 minutes
 - ❖ **Week Two:** Level 3 for 15 minutes + Level 2 for 15 minutes
 - ❖ **Week Three:** Level 3 for 20 minutes + Level 2 for 10 minutes
6. **Cool-down** at Level 1 for 5 minutes.
 7. **Finish** with a 5-minute stretch.

Unless you're already in great shape, you'll want to increase your **Fat-Blaster Walking Workout** slowly. Experts say that people

who make smaller changes over time are more apt to stay with those changes. Rather than jumping in too quickly, try committing to walking 3 days per week, making small changes over a 3-week period.

Once you've worked into maintaining your Level 3 "cardio walk" at 20 minutes 3 days per week, try walking at the Level 2 "recovery walk" pace for 30 minutes on the 2 days in-between.

Did you know that it only takes 30 days to build a healthy habit? Experts who study human behavior have found that if you can get someone to commit to a healthy program for 30 days, chances are much more likely that they will stick with it after the 30 days are up.

Happy walking! We'd love to hear from you. Let us know if this article helps with your weight loss goals. Just drop us a line: yourfriends@biotreasures.com

Please remember to check with your doctor before beginning any exercise program.