



A 21-DAY WALKING PLAN FOR FAT LOSS

	MON	TUE	WED	THUR	FRI	SAT
1	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog
2	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog
3	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog
4	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog
5	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog
6	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog
7	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog	Start 45 min 10 min walk 35 min jog

Most people think that they must do intense workouts in order to successfully lose weight. Luckily, this is not the case! All you need to do is make sure your mind is on the right track and be persistent in your exercising.

THE IMPORTANCE OF A NUTRITIOUS DIET

In most cases, people pay more attention to the workout neglecting the fact that exercise is merely a part of the equation for losing weight. In reality 80% of weight loss is stimulated by a healthy diet and only 20% come from performing physical activities. This is a reason why you should start thinking about making healthy changes to your eating habits. Always keep in mind that your body needs the proper nutrient balance. Carbohydrates, proteins and fats are the providers of 100% of our energy. The difference between these nutrients is based on how fast they transform into energy. Carbohydrates transform the fastest and fats the slowest of all.

There are a numerous options for you if you decide to stick to a certain eating in order to boost your health and lose weight at the same time, such as ketogenic, vegetarian, vegan, Atkins, gluten-free and more other diets. .

CONSISTENCY IS THE KEY TO SUCCESS

Consistency is the most important thing if you want to achieve sustainable weight loss, to maintain or develop your muscles and general health. And maybe the most important thing is to remember that you should commit for life to some form of exercise! In addition we will present you an exercise plan we think works best and is least time-consuming.

PERKS OF WALKING

First of all here are some facts on the general perks of walking:

- Maintains the perfect body weight;
- Prevents variety of conditions, such as heart disease, increased blood pressure and type 2 diabetes;
- Strengthens your bones and muscles;
- Enhances your mood;
- Calibrates your balance and orientation.

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WEEK 1

OPTIONAL: YOU CAN DIVIDE THE MINUTES IN TWO SESSIONS- IN THE MORNING AND EVENING.

Day 1 – Start with 10 minutes. Maintain a slow and consistent tempo.

Day 2 – Increase the walking time to 12 minutes. Maintain a slow and consistent tempo.

Day 3 – Increase the walking time to 15 minutes. Maintain a slow and consistent tempo.

Day 4 – Walk for 18 minutes. It will be simpler to divide the minutes and walk 9 minutes in the morning and 9 minutes in the evening.

Day 5 – Walk for 20 minutes. Maintain a slow and consistent tempo. Divide the time and walk 10 minutes in the morning and 10 in the evening.

Day 6 – Walk for 22 minutes. Maintain a slow and consistent tempo. Divide the time and walk 11 minutes in the morning and 11 in the evening.

Day 7 – Walk for 25 minutes. Maintain a slow and consistent tempo. Divide the time and walk 13 minutes in the morning and 12 in the evening.

WEEK 2 – THE SECOND WEEK YOU SHOULD INCREASE THE PACE FROM SLOW TO MODERATE

Day 8 – Walk for 14 minutes. The first 2 minutes slow, then the next 10 minutes fast, and 2 minutes slow to cool down.

Day 9 – Walk for 16 minutes with a moderate tempo.

Day 10 – Walk for 18 minutes. The first 3 minutes slow, then 12 minutes fast, and again 3 minutes slow.

Day 11 – Walk for 20 minutes with a moderate tempo.

Day 12 – Walk for 22 minutes. Start with 4 minutes slow walking, then 14 minutes walk fast, and finish with 4 minutes slow.

Day 13 – Walk for 24 minutes with a moderate tempo.

Day 14 – Walk for 26 minutes. Walk 5 minutes slow, then 16 minutes fast, and 5 minutes slow.

WEEK 3 – INCREASE ELEVATION

Day 15 – Go up and down the stairs or just walk while increasing the elevation for 15 minutes. Cool down with 2 minutes of slow walking at the end.

Day 16 – Go 25 minutes with a moderate tempo.

Day 17 – Go up and down the stairs or just walk with increasing the elevation for 27 minutes. Add 2 minutes of fast walk.

Day 18 – Go up and down the stairs or just walk in a moderate tempo for 27 minutes.

Day 19 – Go up and down the stairs or just walk for 27 minutes and constantly increase the elevation. To finish, walk slow for 3 minutes.

Day 20 – Walk 30 minutes with a moderate tempo.

Day 21 – Walk fast for 25 minutes and finish with an 8 minute slow walk.