

Walking: A Complete Guide To Walking For Fitness Health And Weight Loss, 368 pages, 9780143186281, 2009, Penguin Canada, 2009, John Stanton

The secret to walking off the weight: intervals, says Michele Staten, a walking coach and author of Prevention's Walk Your Way to Better Health. "Interval walking really cranks up your after burn—the calories you burn long after your official walk is over," Staten says. To add intervals, warm up for 3 minutes. Then spend 25 minutes alternating between 1 minute of walking almost as fast as you can go and 1 minute of brisk walking (aiming for a 6 on an intensity scale of 1 to 10). Cool down for 2 minutes.

3. Walking can reduce your risk of chronic disease. "Fast-paced walking, when combined with healthy eating, is hugely effective for weight loss," Art Weltman, PhD, director of exercise physiology at the University of Virginia, tells Health. And those simple steps can have a big impact on your overall health, cutting your risk of everything from heart disease to depression. But here's the thing: You'll reap more results if you speed up a bit, rather than taking a leisurely daily stroll. To get you off on the right foot, here's a complete primer on how to use walking for weight loss, if you and your doctor have decided that's the best option for you. RELATED: This 30-Day Squat Challenge Will Transform Your Butt in 4 Weeks. How fast (and how often) should you walk? Most health and fitness experts agree, the best and simplest way to achieve this is through a brisk daily walk. Take one year to change your life - forever! From America's preeminent walking experts comes this honest approach to achieving all your fitness goals. The Surgeon General recommends an average of 30 minutes of movement per day to assure greater health and longer life. I don't have any issues with this book at all. It doesn't tell you the basics of walking. The Complete Guide to Walking is an apt title for this book. Written by Mark Fenton, a man known by the moniker of America's Walking Guru, the book is one of those that double as a workbook. This is to say that it has sections where you are encouraged to write in the book to mark your progress. Walking is a form of exercise that requires no special equipment and minimal physical fitness, but it can lead to many benefits. Here are 10 benefits you may gain from adding walking into your daily routine. Walking can offer numerous health benefits to people of all ages and fitness levels. It may also help prevent certain diseases and even prolong your life. Walking is free to do and easy to fit into your daily routine. All you need to start walking is a sturdy pair of walking shoes. Read on to learn about some of the benefits of walking. Walking for weight loss is one thing, but walking has other benefits, as well. Bonus belly fat burning opportunities await you if you can leave the car at home, take the stairs instead of elevators and escalators or if you can walk the mile or two to a friend or relative's house. "Post-workout nutrition is crucial to any fitness goals," says Santoro, who maintains that pre- and post-workout nutrition are the two most important meals of your day. It's important to refuel your body immediately after a workout or brisk walk because it helps replenish glycogen levels, decrease protein breakdown, and increase protein synthesis and the ability to build muscle. So, by walking to lose weight and reduce stress, you won't be stress eating as much: it's a win-win. Filed Under.