

Maximizing Your Workout

Step It Up

Get the most out of your workout

Walking is one workout that gives you variety with nearly endless options to diversify your workout. You know it's a good idea to start challenging yourself when you are able to complete your walking routine with ease. For example, you can try walking for longer duration, or more frequently. Even adding a few hills to your routine might be challenging enough. Most importantly, don't let your routine become boring – be sure to challenge yourself when the time is right.



Frequency, Duration, Intensity...

Pick up the pace – to boost your intensity, try increasing your speed. Walking faster requires more effort, which is certainly an intensity elevator – and an extra calorie burner.

Go for the long haul – increase the duration of your workouts by walking a little longer each time. It doesn't have to be drastic. Try

increasing by only five-minute increments.

Longer doesn't always equal better – try more frequent but shorter workouts – this can be just as effective as one long workout.

Focus on frequency – as you become more accustomed to your walking routine, try increasing the number of times you walk each week. Trying this will get you out of your comfort zone, facing more challenges and greater rewards

Tough Enough

Change terrain. Trekking tougher terrain can make you work a little harder. You can step up your routine by stepping off pavement and onto hills and trails.

Run for the hills. To make your walk more challenging, trying mapping a route with several hills. The extra resistance will help improve leg strength and endurance.

Aim for the finish line. Try signing up for a timed jog/walk event. (Don't worry, you can omit the jogging.) This type of competition can be motivating while helping you pump up the intensity.

Did you know?

Walking uphill can increase calorie burn by up to 45%?

This Week's Challenge

Start counting calories – calories you consume and calories you burn. Combining a healthy diet with physical activity is a great way to round out a healthy lifestyle. Go to health.excite.com/cal_calc for an easy to use calorie counter.

Five Questions

1. Are the reasons you have for exercising the same now as they were when you started?
2. What results have you noticed in the last 6 weeks?
3. What barriers have you overcome in your efforts to reach your goals?
4. What barriers do you feel exist right now?
5. Are you prepared to continue your exercise program even if you don't reach your goals?