

This 21-Day Walking Plan Will Help the Pounds Melt Away



This beginner-friendly workout, designed by Galina Denzel, a certified personal trainer and the coauthor of *Eat Well, Move Well, Live Well*, offers a challenge for each week. In 21 days, you'll lose weight, rev your energy, and build lean muscle. Follow the plan and use these keys to guide your workout.

- Easy: Should feel like a stroll
- Moderate: Pace increases, but you can still hold a conversation
- Brisk: Talking should be tough

WEEK 1: INCREASE YOUR TIME

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
MORNING	MORNING	MORNING	MORNING	MORNING	MORNING	MORNING
5 minutes	7 minutes	9 minutes	10 minutes	12 minutes	15 minutes	18 minutes
NIGHT	NIGHT	NIGHT	NIGHT	NIGHT	NIGHT	NIGHT
5 minutes	7 minutes	9 minutes	10 minutes	12 minutes	15 minutes	18 minutes

Split up your walk into two parts—one in the morning and one at night (or other time slots that work for you). Walk at an easy-to-moderate pace for all.

WEEK 2: CHANGE YOUR PACE

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
10 minutes stairs (find a set of stairs, outside or in your home; walk up and down) + 2 minutes easy	25 minutes moderate	12 minutes stairs (find a set of stairs; walk up and down at an easy to moderate pace) + 3 minutes brisk	25 minutes moderate	20 minutes hills (find a hilly trail near you or walk on a treadmill at a 4.0 incline) + 3 minutes easy	25 minutes moderate + 2 sets of 12 squats	20 minutes brisk + 3 minutes easy

Varying the speed and intensity of your walk is an easy— and effective—way to burn more fat and calories. This week, focus on using your arms (keep elbows at sides as you swing back and forth) to propel you during the brisk portions.

WEEK 3: ADD STRENGTH

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
2 minutes easy + 10 minutes brisk + 2 minutes easy	20 minutes moderate	5 minutes easy + 12 minutes brisk + 5 minutes easy	20 minutes moderate	5 minutes easy + 15 minutes brisk + 5 minutes easy	20 minutes moderate	5 minutes easy + 18 minutes brisk + 5 minutes easy

You don't need equipment or weights to strength-train. Using your body as resistance, finding stairs and walking at an incline will help you work a whole new set of muscles in your body.