



Monthly Health Challenge - Walking Challenge



Would you like to lose weight and improve your cardio? You can start with the Walking Challenge, a cardio exercise that helps lose excess weight and improve lung capacity. As you perform this walking challenge, you'll lose weight enabling you to walk longer with fewer breaks.

How to perform the Walking Challenge:

Begin walking 500 steps on the first day, and increase 500 steps gradually as the month progresses.



Challenge Tips:

- Use a pedometer, fitness tracker or step counting app on your phone to help track your steps
- You can do your steps in one session or break it up into four 5-minute walks, just count 500 steps per session and you did it!
- Begin on flat surfaces, and progress to a more inclined surface for a challenge.
- Carry small weights with you (or a water bottle or can of soup) for more of a challenge.

*For beginners, follow the Easy Track (E), but if you're looking for a more difficult track, follow the Challenging Track (C).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 (E) 2,000 (C) 2,500	2 (E) 2,500 (C) 3,000	3 (E) 3,000 (C) 3,500	4 (E) 3,500 (C) 4,000	5 (E) 4,000 (C) 4,500	6 (E) 4,500 (C) 5,000	7 (E) Rest Day (C) Rest Day
8 (E) 4,500 (C) 5,000	9 (E) 4,500 (C) 5,000	10 (E) 5,000 (C) 5,500	11 (E) 5,000 (C) 5,500	12 (E) 5,000 (C) 5,500	13 (E) 5,500 (C) 6,000	14 (E) Rest Day (C) Rest Day
15 (E) 5,500 (C) 6,000	16 (E) 6,000 (C) 6,500	17 (E) 6,000 (C) 6,500	18 (E) 6,500 (C) 7,000	19 (E) 6,500 (C) 7,000	20 (E) 7,000 (C) 7,500	21 (E) Rest Day (C) Rest Day
22 (E) 7,000 (C) 7,500	23 (E) 7,500 (C) 8,000	24 (E) 8,000 (C) 8,500	25 (E) 8,500 (C) 9,000	26 (E) 9,000 (C) 9,500	27 (E) 9,500 (C) 10,000	28 (E) Rest Day (C) Rest Day
29 (E) 10,000 (C) 10,500	30 (E) 10,000 (C) 10,500	31 (E) 10,000 (C) 10,500				

Source: <http://blog.myfitnesspal.com/the-30-day-walking-challenge/>