

# WALK THIS WAY

**FOLLOW OUR  
DAY-BY-DAY  
PLANS TO GET  
SLIMMER, FITTER  
AND HAPPIER IN  
JUST ONE MONTH.**

*By Mallory Creveling*

SHOT ON LOCATION AT BEACHES  
TURKS & CAICOS RESORT VILLAGES & SPA

*You don't have to heave barbells at CrossFit or train for a 10K to feel healthier inside and out. Let our goal-driven walking guides transform you. Designed for fitness newbies, each routine mixes supercharged strolls with other boredom-busting exercises and advice to maximize results. Just choose your objective, chart the 28-day course and reap the rewards!*

Hair: Jeanie Syfu for Tresemme; Makeup: Albee Fenston.  
Tank, Graced By Grit, gracedbygrit.com, \$42. Capris, Prana, prana.com, \$60. Sneakers, New Balance, newbalance.com, \$100.

# YOUR TARGET

# LOSE 10 POUNDS



**THE EXPERT JESSICA SMITH,**  
CERTIFIED TRAINER AND  
CREATOR OF *WALK ON: 21-DAY  
WEIGHT LOSS PLAN DVD*

### WHY THE PLAN WORKS

These walks build endurance and improve your cardio fitness. Plus, by adding high-intensity interval training (HIIT) and bodyweight-only sculpting moves, you'll also torch fat and sculpt lean muscles.

### WHAT TO DO

Always warm up and cool down for 3 minutes, strolling at a slow, easy pace. The intensity and duration of your workouts will increase week after week. To gauge your effort, aim for a 5 or 6 on a scale of 1 to 10, which means you can still chat easily. When the routine calls for an 8 or a 9, you should be breathing heavily and only be able to answer yes or no questions. You'll alternate between three types of walks:

► **HIIT Walk** Go for 3 minutes at an intensity of 5 or 6, then walk or jog for 1 minute at an 8 or 9 exertion. Repeat until the end of the workout.

► **Power Walk** Maintain a steady pace, aiming for an intensity of 5 or 6.

► **Sculpting Walk** After warming up, perform these moves for 1 minute each: **sidestepping squats** (go in the opposite direction after 30 seconds), **high-knee marches with arm circles** and **reverse lunges with biceps curls**. Then walk at a steady pace (5 or 6 intensity) for 5 minutes. Repeat the 3-minute round of moves and 5 minutes of walking until you've completed the workout.

Keep your shoulders back and chest wide to maintain good posture while you move, and engage your core with each step to fire up more muscles.



Pick up 1- to 3-pound hand weights or wear a weighted vest to increase your burn. Try Tone Fitness (tonefitness.com) or Valeo (valeofit.com).

Use an activity-tracking device, like Jawbone's Up Move (jawbone.com, \$50) or the Misfit Flash (misfit.com, \$50) and aim for 10,000 steps a day.



Perform as many high-intensity intervals as you can, because research shows this form of training melts fat fast.



Head for the hills or up the slant on the treadmill and you'll blast extra calories.

### YOUR 28-DAY SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>WEEK 1</b>	Rest	HIIT WALK 30 minutes	POWER WALK 40 minutes	SCULPTING WALK 30 minutes	POWER WALK 40 minutes	Active Rest Day. Do an activity like gardening or gentle yoga.	HIIT WALK 30 minutes
<b>WEEK 2</b>	Rest	HIIT WALK 35 minutes	POWER WALK 40 minutes	SCULPTING WALK 35 minutes	POWER WALK 40 minutes	Active Rest Day	HIIT WALK 35 minutes
<b>WEEK 3</b>	Rest	HIIT WALK 40 minutes	POWER WALK 40 minutes	SCULPTING WALK 40 minutes	POWER WALK 45 minutes	SCULPTING WALK 40 minutes	HIIT WALK 35 minutes
<b>WEEK 4</b>	Rest	HIIT WALK 45 minutes	POWER WALK 50 minutes	SCULPTING WALK 45 minutes	POWER WALK 50 minutes	SCULPTING WALK 45 minutes	HIIT WALK 45 minutes

## YOUR TARGET

# BETTER HEALTH, FITTER BODY



**THE EXPERT LISA WHEELER,**  
CERTIFIED TRAINER, STAR AND  
CREATOR OF *WEIGHT WATCHERS*  
*7-DAY TONE AND BURN* DVD,  
DIRECTOR OF GROUP FITNESS  
DEVELOPMENT AT EQUINOX

### WHY THE PLAN WORKS

Studies show inactivity leads to a shortened life span, so add more movement to your days to boost longevity. This plan eases you into a steady workout routine so getting physical becomes a lifestyle.

**WHAT TO DO** Warm up by marching in place and cool down with stretches. Week 1, step at a 15-minute-mile pace and up your daily activity by, for example, taking the stairs more often. Workouts get tougher throughout the month, with more-frequent sweat sessions and inclines (use hills outside or a 3% to 5% slope on the treadmill). Week 4, do three rounds of these strength moves:

► **Step-Back Burpee** Stand with feet a little wider than hip width. Squat down and reach your hands between your feet. Walk your feet back into push-up position. Lower your knees to the floor and perform a modified push-up. Lift knees, bring feet back to your hands and stand. Perform 8 reps.

► **Wood Chop** Start with your right foot forward, arms overhead and hands clasped to the left. Lower to a lunge and “chop” your arms diagonally across your front leg, rotating your torso. Reach arms up and stand. Do 12 reps, repeat on the left leg and switch the chop.

► **Bridge** Lie on your back with knees bent, feet flat on the floor and arms by your sides. Press into your feet and arms, lifting your hips to form a straight line. Hold for 2 seconds and then lower. Perform 12 reps.

Aim for 150 minutes per week of moderate exercise to add nearly 3.5 years to your life, according to one study.



Walk post-meal. It'll help control your blood sugar levels, which is important for diabetes prevention.



Pump your arms forward and backward at a 90-degree angle to power up your pace. Recent research found that the faster you walk, the more you decrease your risk of serious illness and mortality.

### Shape-Up Menu

Fight inflammation (a major cause of disease) with foods filled with omega-3 fatty acids, like salmon, and antioxidant-packed dark leafy greens, like kale, says Kimberly Gomer, RD, director of nutrition at the Pritikin Longevity Center + Spa in Miami.



Create a walking group and head outdoors. You'll lower your blood pressure, cholesterol and body fat, all of which cut your chances of developing life-threatening conditions, like heart disease, or suffering a stroke.

### YOUR 28-DAY SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>WEEK 1</b>	Rest	30-minute walk (always aim for at least 2 miles)	Daily Activity. Take the stairs or walk to work.	30-minute walk	Daily Activity	30-minute walk	Daily Activity
<b>WEEK 2</b>	Rest	30-minute walk	30-minute walk	30-minute walk	Daily Activity	30-minute walk	30-minute walk
<b>WEEK 3</b>	Rest	30-minute walk + hills (Spend at least 5 mins on an incline)	30-minute walk	30-minute walk + hills	Daily Activity	30-minute walk + hills	30-minute walk
<b>WEEK 4</b>	Rest	30-minute walk, then strength moves	30-minute walk + hills	30-minute walk, then strength moves	Daily Activity	30-minute walk, then strength moves	30-minute walk + hills

# YOUR TARGET LESS STRESS

**BE HERE  
NOW**

Create a playlist. Studies have shown that music described as “beautiful” improves mood.



**THE EXPERT NICOLE GLOR**, CERTIFIED TRAINER, YOGA INSTRUCTOR AND DESIGNER OF THE SLIMNASTICS DVD SERIES, INCLUDING THE NEW *NIKKIFITNESS SLIMNASTICS ANTI-AGING WALKING WORKOUT*

## WHY THE PLAN WORKS

Taking time to focus on yourself every day is important for escaping the grip of your to-do list. Using a few minutes to exercise has even more positive effects on your mental health, and this schedule makes it easy to fit everything in.

## WHAT TO DO

As often as you can, do your walks—which will get longer each week—outside. If you need to stay indoors, stroll on a treadmill near a window or as close to natural light as possible. At least once a week, incorporate these exercises into your stroll for even more body and mind benefits:

- ▶ **Walking Kickbacks** Step one leg forward and kick the other backward, keeping it straight; continue alternating for 30 seconds.
- ▶ **Outer Thigh Lifts** Step one foot forward, keeping it bent, and lift the other leg out to the side with your foot flexed and held parallel to the floor. Bring arms up and out to the sides too. Continue alternating leg and arm lifts for 30 seconds.
- ▶ **Kickmarching** Alternate kicking feet up to hip height with foot flexed and punching opposite arm forward.
- ▶ **Yoga** On Sundays, take a yoga class or start your own home practice with an app like Simply Yoga Free (Android and iOS). The breathing techniques and poses lower stress and boost feelings of happiness.

Try a walking meditation by focusing on each step or concentrating on your breath. With each inhale and exhale, repeat one word from a mantra, like these: “Let go,” “Be here now,” “I am enough.”



Stroll to work instead of driving—it improves psychological well-being.

Add a bounce to your step: Swing your arms, stand tall and roll your shoulders down. This posture is proven to make you feel happier, compared to strolling hunched over with arms still.



Walking in nature with others has been linked to lower depression and less anxiety, so step onto the trails with pals whenever possible.

## Mood-Enhancing Meals

Eat a primarily plant-based diet to feel energized, says Kimberly Gomer, RD, director of nutrition at the Pritikin Longevity Center + Spa in Miami. Aim for only one animal protein a day, and avoid salty and sugary foods that cause cravings.

## YOUR 28-DAY SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>WEEK 1</b>	Walk 0.5 miles or 10 minutes.	Walk 0.5 miles or 10 minutes.	Walk 0.5 miles or 10 minutes.	Walk 0.5 miles or 10 minutes.	Walk 0.5 miles or 10 minutes.	Rest	Yoga
<b>WEEK 2</b>	Walk 1 mile or 20 minutes.	Walk 1 mile or 20 minutes.	Walk 1 mile or 20 minutes.	Walk 1 mile or 20 minutes.	Walk 1 mile or 20 minutes.	Rest	Yoga
<b>WEEK 3</b>	Walk 2 miles or 30 minutes.	Walk 2 miles or 30 minutes.	Walk 2 miles or 30 minutes.	Walk 2 miles or 30 minutes.	Walk 2 miles or 30 minutes.	Rest	Yoga
<b>WEEK 4</b>	Walk 3 miles or 40 minutes.	Walk 3 miles or 40 minutes.	Walk 3 miles or 40 minutes.	Walk 3 miles or 40 minutes.	Walk 3 miles or 40 minutes.	Rest	Yoga