

Woman's Day

special issue

LIVE WELL EVERY DAY

487 How-To Solutions

A Week of Lite,
Easy Summer
Suppers

One-
Minute
Health
Boosters

Summer's
Best Fruit
Desserts

NEW 4-WEEK PLAN

WALK OFF WEIGHT

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womansday.com

100's of Recipes & Useful Tips





by Leslie Sansone

How to walk off more weight with the smartest strategy—a workout buddy



better together

LOOKING FOR A FUN and easy way to stick to your walking routine and lose more weight? Don't go it alone. Several studies show that people are more likely to stick to an exercise routine and see greater results if they work out with a partner. So whether it's your friend down the block, your sister, your husband or your mom, find a walking buddy and get moving.

YOUR 4-WEEK WALKING BUDDY PLAN

week 1: start slow and steady

Don't worry about your pace this week; just enjoy the feeling of being active. You choose the destination, whether it's a stroll around your neighborhood or in a nearby park.

MONDAY Walk for 7½ minutes. Turn around and walk back for 7½.

TUESDAY Walk for 10 minutes. Turn around and walk back for 10.

WEDNESDAY Walk for 12 minutes. Turn around and walk back for 12.

THURSDAY Walk for 15 minutes. Turn around and walk back for 15.

FRIDAY Same as Thursday—keep it up!

SATURDAY AND SUNDAY Find new ways to add more activity to your weekend routine. If you're at the beach, take a long walk and collect seashells as you go. Day in the country? Trek along a road you rarely take.

week 2: climb a few hills

Try adding an incline (find stairs or hills) to make your workout more intense. Tackling more challenging terrain increases your calorie burn.

MONDAY Walk for 10 minutes. Turn around and walk back for 10.

TUESDAY Walk for 15 minutes. Turn around and walk back for 15.

WEDNESDAY Repeat Tuesday's workout.

THURSDAY Take a break and do this circuit-training routine at home:

● **Cardio:** Walk in place for 3 minutes, then jog in place for 2 minutes.

Repeat 5 times. (Please turn to 104)



Why diet hungry? Try putting a little spice in your diet.

Post Cinnamon Shredded Wheat, with a twist of cinnamon, is a delicious, fiber-rich way to help keep you satisfied.



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- **Strength training:** Do 25 squats while your partner does 25 alternating lunges. When you're done, switch exercises—you do lunges while your partner does squats.
 - Do 10 push-ups while your partner does 25 abdominal curls. When you finish, do 25 ab curls while your partner does 10 push-ups.
- FRIDAY** Fun day—have a picnic at a nearby park and walk it off afterward. Don't count the minutes; just enjoy your time strolling together.
- SATURDAY AND SUNDAY** Domestic duties are your workout this weekend. Tackle all those chores you've been putting off by spending one afternoon at your house and the other at your partner's. Plant flowers together or team up to organize the garage.

week 3: pick up the pace

This isn't as slow as a leisurely stroll or as fast as a jog. If you're doing it right, a brisk walk should feel as if you're late for an important meeting and you're trying to get there as soon as possible.

MONDAY Walk for 7½ minutes. Turn around and walk back for 7½. Distance: 1 mile.

TUESDAY Walk for 10 minutes. Turn around and walk back for 10. Distance: 1¼ miles.

WEDNESDAY Stay inside and do an exercise DVD together.

THURSDAY Walk for 15 minutes. Turn around and walk back for 15. Distance: 2 miles.

FRIDAY Fun day—if you enjoyed last week's picnic, make it a tradition. If you're in the mood for something new, ask a gym for two guest passes and walk on neighboring treadmills.

SATURDAY OR SUNDAY Find a track in your neighborhood. (Schools or colleges usually allow the public in at certain times.) Challenge each other to a race.

week 4: mix it up

Combine the hills and stairs from Week 2 with Week 3's brisk walking technique. The past few weeks have prepared you for this one-two punch that doubles your calorie burn and slims you down.

MONDAY Walk for 15 minutes. Turn around and walk back for 15. Distance: 2 miles.

TUESDAY Walk for 20 minutes. Turn around and walk back for 20. Distance: 2⅔ miles.

WEDNESDAY Circuit training (see Week 2, Thursday)—this time, add another set to each strength-training exercise.

THURSDAY Walk for 22½ minutes. Turn around and walk back for 22½. Distance: 3 miles.

FRIDAY Lunch date—do a run/walk to your favorite healthy restaurant. Try these intervals:

- You start (walk 20 steps ahead); your partner runs to catch up.
- Walk together for 2 minutes.
- Your partner walks ahead 20 steps; you run to catch up.
- Repeat for a total of 30 minutes.

SATURDAY AND SUNDAY Reward yourself by shopping for workout clothes for your trimmed-down bodies. Stay outfitted for your new activity, and it'll motivate you to continue the routine.

Note: After four weeks, you should continue with the Week 4 plan, adding 10–15 minutes to your walks when you have the time.

WEB EXTRA

Go to womansday.com/leslie to view our three-step walking program videos with Leslie Sansone.