

Free Bible Calendar

Woman's Day

Walk Off Weight
Indoors or Out!

49 Cozy Ideas
From Festive Touches
to Knitting

23 Ways to...
Stay Organized
Start Exercising
Save Money and More

A Month of
Easy Meals

55 Ways to Make
Your Home
Family Friendly

The New
Wonder Food



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diet/exercise

Walk This Way

Want to lose weight?
Here's your four-week plan

by Leslie Sansone

THE NEW YEAR is always filled with promise and optimism. We hope for the best for the year ahead and we make plenty of resolutions to show it. But a week or a month from now, will you still be sticking to that exercise plan? This year, the answer is a resounding yes. This four-week program outlines exactly how often you need to walk, plus I'll be right there with you. Finally, a resolution that you can live with for the coming year.

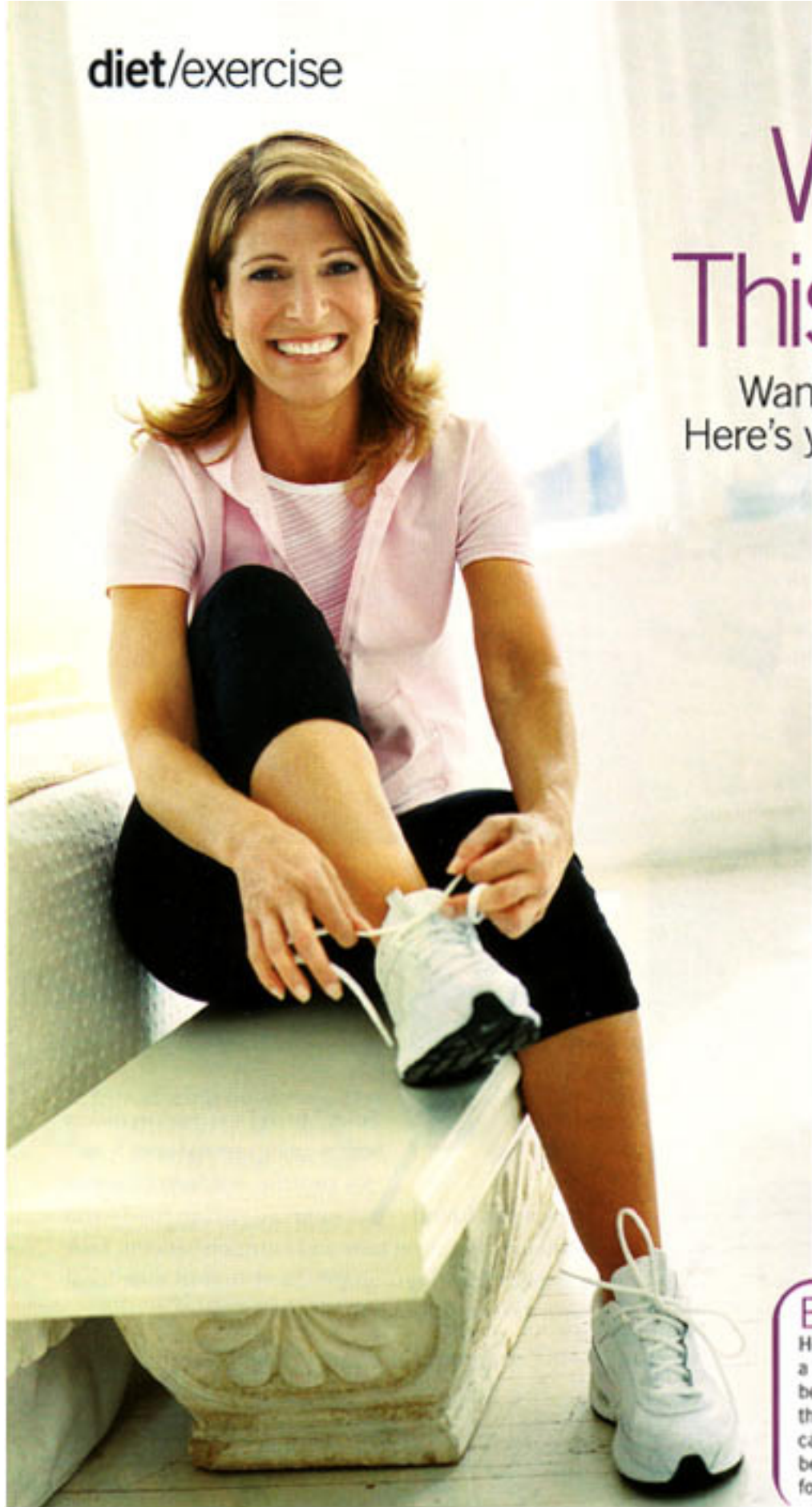
THE FOUR-WEEK PROGRAM

Whether you use my in-home videos or walk outdoors, this program will help you lose up to eight pounds in four weeks. I'm going to be honest, not everyone will lose the weight easily. The fitter you are, the harder it is to drop pounds. But by walking you are preventing any extra weight gain.

Note: All walking can be done to my video, outside or on a treadmill. And remember to always include a five-minute warmup period.

Boost Your Burn

Here's a little secret: Try to squeeze in a 10-minute walk before lunch. It can be around the block or up and down the hallway. Not only will you burn calories, but people who exercise before a meal choose more nutritious foods and are less likely to overeat.



WALK THIS WAY

Continued

WEEK ONE

MONDAY

Pop in the video or head outside for a one-mile walk.

TUESDAY

Dig right in, go all the way to the two-mile mark.

WEDNESDAY

Your pick:

- Walk outside for 40 minutes.
- Hop on a treadmill for 30 minutes.
- Wear a pedometer and reach the 8,000-steps mark.

THURSDAY

Walk two miles.

FRIDAY

Walk three miles.

SATURDAY

Your pick:

- Walk outside for 45 minutes.
- Walk on a treadmill for 35 minutes.
- Wear a pedometer and reach the 9,000-steps mark.

SUNDAY

Go for a walk with a friend or family member. Don't worry about timing it or counting your steps.

WEEK TWO

MONDAY

Walk two miles.

TUESDAY

Your pick:

- Walk briskly outside for 30 minutes.
- Walk on a treadmill for 30 minutes at four miles an hour.
- Wear a pedometer and reach 10,500 steps.

WEDNESDAY

Walk two miles.

THURSDAY

Repeat one of Tuesday's activities.

FRIDAY

Whether you're walking inside or out, aim for the four-mile mark.

SATURDAY

Your pick:

- Walk outdoors for one hour.

- Wear a pedometer and reach 11,000 steps.
 - Hop on a treadmill for a 45-minute walk at four miles an hour.
- #### SUNDAY
- Find a buddy and go for a walk together. Keep it as short or as long as you like.

WEEK THREE

MONDAY

Walk three miles.

TUESDAY

Treat yourself to an easy day and squeeze in a short one-mile walk when you can.

WEDNESDAY

Your pick:

- Walk outdoors for one hour.
- Wear a pedometer and reach 11,000 steps.
- Hop on a treadmill for 30 minutes. Keep the speed at 4.5 miles an hour.

THURSDAY

Walk two miles.

FRIDAY

Repeat one of Wednesday's activities.

SATURDAY

Go all the way! Walk four miles.

SUNDAY

Invite a group of friends

Leslie does a five-minute warmup and cool down when walking.



Tips for Sticking with It

No matter how dedicated you are to fitness, falling into an exercise slump is bound to happen. Don't worry! Just because you've missed a day or two doesn't mean you've failed. Use one of these strategies to help keep you moving, even when you least feel like it:

Create a personal mantra. To help stay motivated remind yourself why you walk. Repeat your personal mantra while you walk. When you feel like skipping a day, chant your mantra to get yourself going again. Here are some examples:

I walk because it...

- gets my blood flowing and boosts my creativity.
- makes me use my body and reminds me how strong I am.
- makes me a better person, and I want my family to have the best possible me.
- boosts my immune system and makes me healthier.

- clears my mind and relieves stress.
- lowers my blood pressure.
- keeps my bones strong.

Don't pressure yourself. If you're feeling overwhelmed by the thought of a four-mile walk and you just can't muster the motivation, change your plan. Don't blow off exercise altogether. Call a friend and ask her if she'd like to go for a stroll. Or go for a walk after dinner with your husband and kids.

Picture the end result. Use visualization to get motivated. Imagine how good you'll feel when you reach your weight-loss goal. Remember that you can make that moment come sooner rather than later by doing all you can today.

Mix it up. By alternating between indoor and outdoor walking, walking with friends or walking to one of my videos, you'll stay interested in what you're doing. As soon as you feel a slump coming on, switch your routine.

WALK THIS WAY

Continued

to join you on your walk. Become their motivator.

WEEK FOUR

MONDAY

Start the week off with a bang. Walk four miles.

TUESDAY

Your pick:

- Walk outdoors for three miles.

- Walk on a treadmill for three miles at 4.5 miles an hour.

- Wear a pedometer and reach 11,500 steps.

WEDNESDAY

Walk two miles.

THURSDAY

Walk three miles.

FRIDAY

Walk four miles.

SATURDAY

Your pick:

- Walk outdoors for an hour.

- Walk on a treadmill for 45 minutes between 4 and 4.5 miles an hour.

- Wear a pedometer and aim to reach 12,000 steps.

SUNDAY

Congratulations. You're done! Take the day off as your reward.

WEEK FIVE AND BEYOND...

By now you're used to walking almost every day. You may not need to follow a strict plan anymore; just remember that walking is now an integral part of your life. Try to walk as much as you can each and every day. If you don't feel like working hard one day, make up for it the next. Each week you should try to walk at least 12 to 15 miles.

When It's Cold Outside

You don't have to give up outdoor walking because it's winter. But you do have to be prepared. Keep these winter walking tips in mind before heading outside.

Think layers. When stocking up on outdoor walking gear, look for the new fabrics that are designed to wick sweat away from your body. The fabrics are so thin that you can wear two or three layers, keeping your body warm and dry.

Protect your feet. There's nothing like a good quality pair of winter walking sneakers to keep feet warm and dry while you walk. Look for an insulated, waterproof pair. Keep in mind that you might need extra space for thick socks.

Map it out. Before you head out the door, plan your route. Think about which streets and sidewalks are well maintained by your city. Choose areas that are more likely to be clear of snow or ice. If you do hit a snowy or icy patch, slow down. Don't risk a fall because you're trying to walk briskly.

Stay hydrated. Even though you may not sweat as much during the winter, you still need to keep your body hydrated by drinking eight 8-oz glasses of water each day. Water also helps regulate your body's temperature, which is especially important when it's cold outside.

In Your Living Room with Leslie

About 18 years ago at this time of year, I looked out the window of my Pittsburgh home and wondered how outdoor walkers managed to maintain their fitness routines in the cold and blustery winter weather.

It was the '80s and aerobics classes were a big hit, as was—and still is—outdoor walking. One day inspiration struck and I decided to combine the two activities. The result: my first in-home walking video.

As luck would have it, people really responded to my video. It's simple (everyone can walk), cost effective (you don't need to join a gym) and convenient (do it any time of day).

Now, more than 50 videos later, I'm still walking and I have a new video I'm really excited about, called *Walk Away the Pounds Express, Four Mile Super Challenge*. I absolutely love this video for so many reasons:

- If you're a beginner, you can stop the tape at any time. As you become fitter, gradually increase the mileage until you can complete the whole tape.
- We've kept it simple. You don't need any hand weights or other gadgets. It's just you and the TV.
- It's a well-rounded workout that challenges every major muscle group in your body.

The best part? *Woman's Day* readers can buy the video at a 10 percent discount by calling 800-678-1133.

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Leslie's latest DVD/video *Walk Away the Pounds Express, Four Mile Super Challenge*

WWW.WOMANSDAY.COM For more Leslie Sansone articles about boosting your walking workout, click on [PageLink A12J](#).