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diet/exercise

# Come Walk with Me

“In just six weeks, I'll help you lose weight, get in shape and feel fantastic”

by Leslie Sansone  
Photographs by Luigi Ciuffetelli

**I'VE ALWAYS BELIEVED** that the key to losing weight and getting in shape is more about moving your body than what you put in your mouth. Sure, eating a nutritionally balanced diet is important, but exercise can provide you with much more than just weight loss.

By making a commitment to walk six days a week for six weeks, not only will you shed pounds, but you'll boost your energy, lift your mood and improve your overall health. Whether you walk outdoors, on a treadmill or at home to some of my in-home walking videos, make the commitment to stick to this six-week program. At the end of it, you'll be glad you did.

## Welcome to WD, Leslie

If you're not familiar with Leslie Sansone, you soon will be. *WD* is proud to introduce this fitness expert as our newest contributing editor. We'll be working with Leslie to provide you with some of her best motivational tips, walking workouts and exercise information. And with more than 21 years of experience in the exercise industry (she was QVC's very first guest and continues to appear on the shopping channel), she knows what she's talking about. Leslie says her single most important job is to help people understand the positive impact of a healthy lifestyle, including regular exercise. To ask Leslie a question, log on to [www.womansday.com](http://www.womansday.com).

*Always check with your physician before starting an exercise routine.*

**Walk Boosters** Starting with Week Two, you'll be given a "walk booster" to focus on each week. These small changes will help you move toward a healthier lifestyle. By the end of the week, the change should be second nature, and you'll be given a new booster for the following week.

## Week One

Your only goal this week is to focus on your walking. Each morning, ask yourself, "When will I walk today?" Then make an appointment with yourself and keep it.

**MONDAY Walk one mile.** Don't worry how long it takes you, just aim to complete the whole mile.

**TUESDAY Walk one mile.**

**WEDNESDAY Walk one mile.** Focus on speed. Time yourself while you walk and try to complete the mile in 20 minutes. Don't worry if you take a little longer. Your endurance and strength will build over time.

**THURSDAY No structured walk.** Look at your day and see where you can fit more steps into it. Take the stairs; walk to the coffee shop; play outside with your kids.

**FRIDAY Walk one mile.** Aim to complete your walk in 20 minutes. Picking up the pace, even just a little, burns a lot of calories.

**SATURDAY Walk two miles.** The weekends are a great time to indulge in a longer walk.

**SUNDAY Rest.** Enjoy your day off.

## Week Two

**WALK BOOSTER DRINK WATER**  
Our bodies need adequate H<sub>2</sub>O to function at their best. This week your goal is to drink more water each day. Start by drinking a glass first thing in the morning. Don't worry about how big it is, just make it a habit.

**MONDAY Walk two miles.**

**TUESDAY Walk one mile.** Aim for an

18-minute mile. You can do it!

**WEDNESDAY No structured walk.** Look for walking opportunities throughout your day.

**THURSDAY Walk two miles.** Aim to finish in 36 minutes.

**FRIDAY Walk one mile.** Add some light (1- to 2-pound) hand weights to your walk. They will increase your calorie burn and tone your arm muscles.

**TIP** When choosing hand weights, dumbbells are fine, but weighted gloves are a better choice. If you're using my videos, the Walk Away weighted balls are also great. As you walk, keep the weights close to your body. Your arms should be relaxed, but in control. Large pumping motions while carrying weights are unnecessary.

**SATURDAY Walk three miles.**

**SUNDAY Rest.** How do you feel? Is your energy level up? Are you sleeping better?

## Week Three

**WALK BOOSTER BREAKFAST**  
Your goal this week is to eat a healthy, energy-producing meal. Incorporate a small amount of carbohydrates, protein and fat. One option is a teaspoon of peanut butter on whole-wheat bread with a piece of fruit.

**MONDAY Walk two miles.** Aim to finish in 35 minutes.

**TUESDAY Walk one mile.** Take along the light weights and switch between intervals of carrying the weights close to your body for two or three minutes and slowly raising the weights above your head for a count of 10.

## COME WALK WITH ME

*Continued*

**WEDNESDAY Walk two miles.** Focus on picking up your pace. Try to finish in 35 minutes or less.

**THURSDAY No structured walk.** If you have a pedometer, wear it today and see how many steps you can take. Can you reach 10,000?

**FRIDAY Walk three miles.** Aim to finish the first two miles in 35 minutes. Then slow down for the third one.

**SATURDAY Walk three miles.** Three miles, two days in a row may seem like a lot, but think about all the calories you're burning. If you're on a treadmill or walking to one of my videos, hold your hand weights for part of the time.

**SUNDAY Rest.**

### Week Four

#### WALK BOOSTER LUNCH

Now that you're eating a healthy breakfast, focus on lunch. Again, a mixture of carbohydrates, fat and protein will help you maintain the energy you need to get through the day. Try a bowl of vegetable soup and half a turkey sandwich.

**MONDAY Walk three miles.**

**TUESDAY Walk two miles.** Challenge yourself. Aim for a brisk walk of 32 minutes.

**WEDNESDAY No structured walk.** Call a friend and walk to a café for lunch. Or take a stroll after dinner with your husband or children.

**THURSDAY Walk two miles.** Take the hand weights with you.

**FRIDAY Walk two miles.** If you walk on a treadmill, walk on a flat belt for the first five minutes, then add a 3 percent incline for three minutes. Then return to flat for five minutes. Continue alternating between the

flat and inclined belt for the remaining time. If you walk outdoors, try changing your route. By adding steps, hills or new terrain you'll vary the workout your muscles are getting.

**SATURDAY Walk three miles.** Try listening to fast-paced music while you walk. You'll feel energized and it will help you maintain a vigorous pace. Hand weights optional.

**SUNDAY Rest.**

### Week Five

#### WALK BOOSTER DINNER

After a busy day, it's easy to make an unhealthy decision for dinner. This week aim to eat healthily each and every night. Skip the drive-thru and make yourself a grilled chicken breast with an assortment of vegetables or a side salad.

**MONDAY Walk one mile.** Carry the hand weights and make this a short but intense workout.

**TUESDAY Walk two miles.** Test yourself: Can you finish in just 30 minutes?

**WEDNESDAY Walk three miles.** Walk as fast as you can for the first two miles. Then, feel free to slow your pace for the third mile. Hand weights optional.

**THURSDAY No structured walk.** Focus on adding more steps into your daily activities. Of course, if you feel like going for a walk, don't let this stop you.

**FRIDAY Walk three miles.** Try interval walking: Walk fast for three minutes, then your slow your pace for five minutes, then speed up for three minutes, etc.

**SATURDAY Walk three miles.** Aim to finish in 45 minutes or less.

**SUNDAY Rest.** Five weeks down and just one to go!

#### WIN A LESLIE SANSONE WALKING VIDEO

Twenty-five readers will receive Leslie's *Walk Away the Pounds for Abs* box set of three videos that gradually increase in difficulty and her patented Walk Away belt. Log on to [www.wmsansone.com](http://www.wmsansone.com) to enter between May 12 and June 11. No purchase necessary.



### Week Six

#### WALK BOOSTER SMART SUBSTITUTIONS

This week eliminate one unhealthy food choice every day. For example, pass on the soda with lunch and have water. Forget the bag of chips after lunch and have a banana instead.

**MONDAY Walk three miles.** Try inclines or a new outdoor route. If you're using my videos, add the Walk Away belt (see [giveaway, above](#)).

**TUESDAY Walk three miles.** Try to finish in 45 minutes or less.

**WEDNESDAY No structured walk.** Walk through the mall and reward yourself with new walking clothes.

**THURSDAY Walk three miles.** Finish the first two miles in 30 minutes, then slow down for the third. Take the hand weights.

**FRIDAY Walk one mile.**

**SATURDAY Walk three miles.** Congratulations. You've done it! Enjoy this walk and think about what you've accomplished and how you've changed over the past six weeks. Then take Sunday off and start again on Monday. Walking is now a part of your life.

## “Leslie Changed My Life”



### CHERYL JANUSEK

Age: 55

Height: 5'6"

Initial weight: 240 pounds

Current weight: 159 pounds

IN 1987, CHERYL JANUSEK'S best friend, Joanne, asked Cheryl to be matron of honor at her wedding. She was thrilled to be asked, but nervous and a little embarrassed to walk down the aisle weighing 240 pounds. So the West Mifflin, Pennsylvania, church secretary made a commitment to lose the weight.

She joined Weight Watchers and began exercising and lost 85 pounds in one year. "In the beginning I found it difficult to find an exercise program I could stick with. I was easily bored, but I knew exercise was important," says Cheryl.

In 1998 she saw a Leslie Sansone demonstration at her local mall. "It looked like fun, so I bought the *Miracle Mile Walk* tape and took it home." Today, Cheryl owns more than 50 of Leslie's tapes and she never misses a day walking. "I'm a night owl so I walk in the evenings after work and sometimes after dinner. I walk between four and seven miles each day," she says.

The payoff? Cheryl has kept the weight off for more than 10 years. And she notices another difference. This year was the first time she's been able to help her husband, "Pepper" Pete, with his hobby of growing hot peppers. To plant the peppers he digs a hole using a 25-pound pole, and never before has this mother of two and grandmother of one (with twin grandbabies on the way at press time) been able to lift it. "Without a doubt I'm the fittest, strongest and most energetic I've been in my whole life, and I have Leslie to thank," she says.

### EDWINA KAIKAI

Age: 49

Height: 5'4"

Initial weight: 183 pounds

Current weight: 146 pounds

### PITTSBURGH JOURNALIST EDWINA

Kaikai used to walk outside regularly until one day when she ran into six or seven deer right in the middle of her street. Feeling more than a little intimidated by their presence, she returned home. The experience caused Edwina to wonder what other kinds of animals she might come across on her early-morning walks, so she started searching for an exercise alternative.

Soon after, in 2000, at one of her Weight Watchers meetings, Edwina heard about Leslie Sansone's walking videos. "I was skeptical at first, but I thought I'd give it a go," she says. Ever since then, Edwina has been hooked. "I was already losing weight by watching my diet, but when I started walking regularly the weight seemed to come off more easily," she says. Her collection of videos has kept growing and growing. "When I get bored with the ones I have, I buy a few more and pass on my old ones to friends," she says.

The morning is Edwina's favorite time to work out. She gets up between 5 and 6 A.M. to walk for 45 minutes, six days a week. "My thirteen-year-old son and my eleven-year-old daughter are my motivation. I need to stay fit and healthy to keep up with them," she says. wo

