

LESLIE SANSONE'S SIMPLE AND EFFECTIVE WALKING TIPS

Leslie has helped millions of people lose weight and keep it off by helping them maintain a permanent relationship with exercise. Leslie offers simple and effective walking tips to maximize your results from walking:

- Start your workout with one mile—no matter how long it takes.
- Increase your stamina gradually. After you reach one mile comfortably, gradually increase your distance. A gradual increase means you won't get discouraged and are more inclined to stick with the program.
- Time yourself—if you can walk a mile in 20 minutes or less, you're off to a great start. If not, make that your goal.
- Make sure your posture is correct—keep your spine aligned, your buns tucked under slightly, your knees soft and your arms hanging loosely at your sides.
- For increased results, increase arm movement and/or add weights.
- Add occasional lateral movements to tone thighs and abs and shape arms, back and waistline.
- Walk in comfortable clothes—you don't need fancy fitness attire.
- Change your routine—if you get bored, try different distances or weight—or even try a different walking tape. There are so many to choose from!

