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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Walk Your Way Fit!

By Laura M Turner

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by: **Laura M Turner**

"It requires a direct dispensation from Heaven to become a walker." ~Henry David Thoreau

Have you been looking for an easy, fun way to get fit? One that doesn't involve costly equipment or a ton of time?

Would you like to: Lose weight? Improve endurance? Tone muscles? Enjoy long range health?

Did you know that you can reap these benefits (and more) just by walking? You can! But, what most people don't know: in effort to achieve a certain result, you need to use a specific program (or a combination of them).

When first making the commitment to a walking program, you'll need to establish your goals—ask yourself: "What's my main fitness priority?"

Next, you need only match up your goal to one of these five programs. Choose from: weight loss, cardio conditioning, muscle toning, long term health or a combination of all of these.

Here's a thumbnail sketch of each simple program:

* Weight Loss

Benefits: Flatten tummy, shrink hips, tighten thighs, reduce excessive fat.

Type of walk: Moderate; 45–60 minutes, daily.

Calories expended: 2,000–2,500 per week.

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*Cardio Conditioning

Benefits: Strengthens heart, improves aerobic endurance, helps you perform better during other aerobic activities, and helps you recover more quickly from physical exertion.

Type of walk: High intensity, brisk pace; 20–30 minutes 3–4 days per week.

Calories expended: 800–1,000 calories per week.

* Muscle Toning

Benefits: Improve muscle strength, endurance, body firmness and increase metabolism.

Type of walk: Moderate, with resistance; 20–70 minutes 2–3 days per week.

Calories expended: 500–3,000 calories per week.

Notes: Use hand weights—light hand or wrist weights and swing them in a controlled manner. When doing so, flex your arm muscles, keeping them as close as possible to your trunk.

* Long Term Health

Benefits: Done consistently, this walk will increase energy, reduce stress and fatigue, improve risk of heart disease, improve mood, improve self-esteem and add years to your life.

Type of Walk: Consistent walks; 30+ minutes, daily.

Calories expended 2,000 per week.

* Have it all! Mix up all four.

Type of walk: Choose one program each day, 4 times per week or check out some of the great walking videos here:

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My Mom's story: When I was a teen-ager my mother and I used to exercise together. After some years, however, my Mom's priorities changed and she found herself about 30 pounds overweight. Once she made the commitment to make a change, she used the combination of a daily walk and a sensible diet. The result? She lost one pound per week for 30 weeks and is back to her thin self once again!

A couple things before you begin. Most importantly, before you begin any fitness program, check with your doctor. Also, to make your walking workout a positive experience, invest in proper footwear. You will want to have flexible sneakers, walking shoes or (what I usually recommend) "cross-trainers."

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They are available at all sporting goods stores: make the investment, you'll be glad you did!

And speaking of proper form, most people also do not realize that there is a "way" to walk for the greatest benefit. It's easy: first, strike the ground with your heel, rolling your foot to your toe. Then, push off with your toe. Repeat this with your opposite foot.

That's all there is to it! With a little effort and your new flexible shoes "made for walkin'" you are well on your way to walking yourself fit!

Laura Turner, Certified Personal Trainer has developed a series of health, fitness, and nutrition tips available at

. In 21 days you can create healthy new you, let her show

you how! Get her free report: 7 Steps to a High Performance Body by sending a blank email to:

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If the Shoe Fits...

By Dave Gonzalez

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While buying a good quality pair of shoes may seem like something pretty obvious, it's not as easy as it sounds when you actually get into the store. Sure, style and looks have something to do with the right shoes, but there are a lot of other factors that need your consideration when you want to take care of your tootsies.

Before you make any important shoe decisions, take a moment to think about your feet. The comfort of your feet has a tremendous impact on your overall comfort. Just think about it - sore feet, cold feet, hot feet, itchy feet - all of these things are enough to drive you to distraction. If your feet are uncomfortable, the rest of you is uncomfortable. Keep this in mind the next time you walk into a shoe store and look at those brand-name, yet uncomfortable shoes.

You need to treat your feet right. This means that you not only have to buy a pair of shoes that look good, but you also need to find ones that fit your feet. This may sound obvious, but the majority of people wear shoes every day that aren't quite suited to their unique foot shape and size.

So how do you find a pair of shoes that are suited to your unique foot shape and size? It's not as easy as it sounds. Just follow these steps:

1. Have the salesperson measure your feet. He or she should measure both the length and width of each of your feet. Your feet will likely be slightly different in size, and it is important to know this when you're seeking the ideal comfortable shoe.

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2. Use the larger foot's size. While you can use an insole to make a shoe that is a bit too big fit your smaller foot, you'll only hurt your larger foot by stuffing it into a shoe that is a bit too small.
3. Make the shoe fit your toes and your heel. There should be enough room to wiggle, but not enough to slip around.
4. Walk about the store to be sure that there isn't any pinching or slipping.
5. Don't assume that the shoe will break in. Have them fit when you buy them.

When it all comes down to it, shoes are your foot's best friend. Don't let your tootsies down!

Dave Gonzalez

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