

HOW TO WALK FOR WEIGHT CONTROL

Walking is the safest, least expensive, and overall, the most beneficial way to lose weight and improve cardiovascular health. If you are over 35 and haven't been exercising on a consistent basis, it is important to see your doctor for a check-up or consultation before starting this or any other exercise program.

SHORT DAY

- Walking warm-up for 5 - 10 minutes
- Pick up pace and walk for 30 minutes
- Walking cool down for 5 minutes
- Finish with stretching

LONG DAY

- Walking warm-up for 5 - 10 minutes
- Pick up pace for 45 - 60 minutes
- Walking cool down for 5 minutes
- Finish with stretching

LONG EASY DAY

- Walking warm-up for 5 - 10 minutes
- Pick up pace for 30 minutes
- Slow down to moderate pace for 30 - 60 minutes
- Walking cool down for 5 minutes
- Finish with stretching



EXAMPLE

DAY	WORKOUT	TIME
SUNDAY	LONG DAY	60 MINUTES
MONDAY	SHORT DAY	30 MINUTES
TUESDAY	SHORT DAY	30 MINUTES
WEDNESDAY	LONG DAY	60 MINUTES
THURSDAY	SHORT DAY	30 MINUTES
FRIDAY	DAY OFF	-
SATURDAY	LONG EASY DAY	30 MINUTES

WARMING UP AND COOLING DOWN

Benefits of Warming Up: A warm-up consists of walking at a slow-to-moderate pace in order to gradually prepare the body for sustained activity. It increases blood flow to the heart and other active muscles, increases elasticity of connective tissue and other muscle components, and lubricates joints. A warm-up gradually warms muscle temperature, decreasing the likelihood of injury and the amount of work for active muscles.



WALKING WARM-UP

Begin by making sure you have on the appropriate shoes and clothing for walking.

- 1) Start out walking with hands at your sides, moving them as naturally as possible (about 2 minutes).
 - Pace will be slower-to-moderate – focus is to acclimate yourself on being physical.
 - Think about rhythmic or controlled breathing (in through the nose and out through the mouth).
 - Tighten your abdominal muscles – it helps to support postural alignment.
- 2) Next, begin to pump your arms at your sides increasing your pace to a more moderate intensity (about 2 minutes).
 - Keep breathing and allow your upper body and arms to respond to the movement of your lower body.
- 3) Once the warm-up is complete, you are ready to pick up the pace and start your walking workout.

WALKING COOL-DOWN

- 1) Begin by gradually decreasing the intensity and pace of your walk as you finish your walking workout.
 - As pace becomes slower, focus on achieving a more relaxed state.
 - Continue to slow the pace, recognizing any areas that may be tight and whether or not your heart rate has sufficiently decreased (3 - 5 minutes approx).
- 2) Once the Cool-Down is complete, you're ready to begin stretching.

STRETCHING

Guidelines:

- Only stretch to the point of mild tension.
- No stretch should ever be painful.
- Stretching exercises are static in nature and should be held for 20 - 30 seconds.
- Do not hold your breath. Breathing normally will help you to relax.
- Check with your doctor before doing any stretching if you have osteoporosis, arthritis, or any other bone or joint condition.



CALF & HIP STRETCH

- Put your hands on your hips.
- Take a big step forward with your right foot, bending your right knee and going into "lunge" position. Do not extend your knee beyond your toes.

- Straighten your left leg and try to keep your left heel flat on the ground.
- When you feel the stretch in your left calf, hold for ten seconds.
- Switch legs and repeat.
- Repeat three times for each leg.



QUADRICEPS STRETCH

- Stand with your left hand resting on a wall (or something you can use for balance), left arm extended, your body perpendicular to the wall.
- Bend your right leg behind you.
- Grasp your right ankle with your right hand.
- Keep your right knee pointed toward the ground and your hips pressed forward.

TRICEPS STRETCH

- Raise your left arm straight up, and then bend your elbow so your forearm rests against the back of your head.
- Hold your elbow with your right hand.
- Pull the elbow until you feel the stretch on the back of your left arm.
- Hold for ten seconds.
- Switch arms and repeat.
- Stretch each arm three times.

UPPER BACK STRETCH

- Stand with knees slightly bent, arms extended in front of your body and your hands clasped together.
- As you reach forward with your arms, round your mid and upper back.
- Drop your chin to your chest and pull your hands away from your body as you resist.
- Hold 10 seconds.
- Repeat three times.

Remember to stay hydrated. Do not drink too much water while you're walking, but do have a glass before you start and some water ready when you're done.

MONITORING YOUR WALKING

Sometimes it can be hard to tell the difference between a casual stroll, a vigorous walk, and an overly vigorous work-out. If you're concerned about whether you're maintaining the right level, this is the way to monitor your exercise in-tensity if you do not want to purchase a heart rate monitor.

TARGET HEART RATE

Your goal is to get your heart working at 60 to 80 percent of your maximum heart rate. To find your maximum heart rate, subtract your age from 220.

Example:

Age 40: $220 - 40 = 180$. 180 is the maximum heart rate. 60 percent of $180 = 108$ – low end of training zone.

80 percent of $180 = 144$ – high end of training zone.

You can measure your heart rate by taking your pulse at your neck or wrist. Count your heartbeats for 10 seconds, starting with 0 (zero). Then multiply that figure by 6. If your heart rate is below your target zone, you need to speed up your pace. You might also want to swing your arms harder or more frequently. But if your heart rate is above the zone, slow down. You'll notice that the longer you exercise, the lower your heart rate falls; the exercise that had your heart pounding like a jackhammer during Week 1 will barely make a dent during Week 4. So give yourself some time to reach your exercise goals. Pushing yourself too hard might cause an injury or excessive fatigue that will only delay your progress in the end.

PACEWALK / TURBOWALK

If you want to add variety to your Training Schedule, you can purchase a copy of my walking CD called PACEWALK. This is exclusively available at www.greggainshealthmatrix.com or www.joaniegreggains.com. PACEWALK is a one-hour audio CD utilizing music composed specifically for my walking program. The beat of the music helps you keep the pace, and I supply the mileage cues so you know exactly how far you've walked, whether you are on a country road, going around the block, or on your treadmill. When you're ready to increase the in-tensity of your walking program, you will want my fat-blasting, calorie-burning, endurance-building TURBOWALK, which is a downloadable one-hour MP3 - also available only at my website. You will definitely see the results from this two-stage walking program.



Here's to Your Health!
Joanie Greggains
Health & Fitness Expert

Developed by Joanie Greggains

Joanie Greggains proudly endorses ProTren Probiotics as she takes ProTren TRENEV TRIO® every day and she loves HEALTHY TUMMY® - she believes in ProTren probiotics for health!!



INTELLIGENT PROBIOTICS

3105 Willow Lane, Westlake Village, CA 91361

Tel: 888.381.1887 | Fax: 805.413.7796 | www.protren.com

8-WEEK WALKING PROGRAM SCHEDULE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	Rest or walk	20 min. walk	20 min. walk	20 min. walk	Rest	2 mile walk	25-35 min. walk
2	Rest or walk	25 min. walk	25 min. walk	25 min. walk	Rest	2 1/2 mile walk	25-40 min. walk
3	Rest or walk	30 min. walk	30 min. walk	30 min. walk	Rest	3 mile walk	40-50 min. walk
4	Rest or walk	35 min. walk	35 min. walk	35 min. walk	Rest	3 1/2 mile walk	55-90 min. walk
5	Rest or walk	40 min. walk	40 min. walk	40 min. walk	Rest	4 mile walk	65-90 min. walk
6	Rest or walk	45 min. walk	45 min. walk	45 min. walk	Rest	4 1/2 mile walk	75-90 min. walk
7	Rest or walk	50 min. walk	50 min. walk	50 min. walk	Rest	5 mile walk	80-90 min. walk
8	Rest or walk	55 min. walk	55 min. walk	55 min. walk	Rest	5 1/2 mile walk	85-90 min. walk

©2020 by ProTren. All rights reserved. The symbol ® denotes a registered trademark of ProTren. Made in the USA.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.