

## HOW TO START A WALKING PROGRAM FOR WEIGHT LOSS%0A

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[6-Week Walking for Weight Loss Plan - prevention.com](#)

6 things to do before you start walking for weight loss.

Depending on where you begin, you can expect to shed a half-pound to 2 pounds per week with a new walking program, says Erin Palinski-Wade.

[The Walking to Lose Weight Program | Healthfully](#)

A good place to start is the free federal Weight Loss Information Network's pamphlet for women, "Walking: A Step in the Right Direction." The booklet outlines a detailed nine-week walking program in which you can gradually work up to faster and longer walking sessions. It also offers motivational ideas, such as keeping a walking journal.

[Get walking with this 12-week walking schedule - Mayo Clinic](#)

Aim to walk at least five days a week. Start out warming up with a five-minute, slower-paced walk. Slow your pace to cool down during the last five minutes of your walk. Start at a pace that's comfortable for you. Then gradually pick up speed until you're walking briskly generally about 3 to 4 miles an hour. You should be breathing hard, but you should still be able to carry on a conversation. Each week, add about two minutes to your walking time.

[How to Start Walking for Weight Loss - Verywell Fit](#)

If you've decided it is time to start walking for health, fitness, and weight loss, you've already taken a great first step. Walking is an effective, natural way to achieve the daily physical activity amount recommended for weight management and good health.

[A Beginner's Walking Program for Obese People | Livestrong.com](#)

Always start with five minutes of walking at a moderate pace to warm up, followed by a brisk walking segment, and ending with a five-minute slower walk to cool down. For the first week, walk briskly for five minutes. From week two to six, increase your brisk walking segment by two minutes each week. By week six you are walking briskly for 15 minutes. In week seven, increase the brisk walking time to 18 minutes. From week eight to twelve, add two minutes of brisk walking each week. By week 12

[The Best 21-Day Walking Plan for Weight Loss - Easy ...](#)

This beginner-friendly workout, designed by Galina Denzel, a certified personal trainer and the coauthor of Eat Well, Move Well, Live Well, offers a challenge for each week.

[30 Tips When You're Walking for Weight Loss | Eat](#)

#### **This Not ...**

Keep track of the days that you performed your walking routine, the time of day or night that you performed your walking routine, the distance and time to complete each walking routine, the course in which you performed your walking routine, and your weekly weight.

#### **Walking for Weight Loss: The Ultimate Guide to Walking Off ...**

The Health Benefits of Walking for Weigh Loss. If you're planning on starting a walking regimen to boost your overall health and to lose weight, there are probably several questions on your mind.

#### **How to Start Walking for Exercise: 11 Steps (with Pictures)**

For example, you might plan to start by walking 30 minutes a day, 3 times a week. Note, however, that walking is a fairly mild exercise that does not require vigorous physical exertion for most people.