

FLIP OVER SPECIAL HEART HEALTH SECTION

Woman's Day

Simple
20
MINUTE
MEALS

Save on
groceries





WALK TO BETTER

It's clear that exercising is a smart move, but if you still have couch potato tendencies, this news may nudge you to lace up: After age 30, being active is the most important way to reduce your lifetime risk of heart disease, according to the *British Journal of Sports Medicine*. The easiest way to get started? Walk! This calendar from fitness expert Chris Powell of the ABC show *Extreme Weight Loss* will help you conquer a new goal every day in February.

1 Use a pedometer to measure how many steps you take today. **This is your baseline number.** Jot it down in a convenient place.



8 Increase the pace on today's walk by listening to upbeat music. (Your stride should naturally mimic the song's tempo.) This can help your workout seem easier.

Step boost! 15 Add 2,000 more steps to your baseline number. That means you're walking a mile a day more than when you started.

23 Listen to a new audiobook to keep your brain engaged (and help the miles fly by).



Step boost! 2 Add 500 more steps to your baseline number. ▶ Maintain this stride count daily until the next Step Boost, using each day's tip to help you get there.

9 Adopt this habit: At the end of each day, place your walking shoes by the door. You'll be more inclined to pound the pavement if you don't have to search for them.

16 Take a mid-walk break and stretch your calves. Place the ball of one foot on the curb and lower your heel toward the ground, feeling a stretch down the back of your lower leg. Hold 30 seconds, then switch legs and repeat.

Step boost! 24 Add 3,500 more steps to your baseline number.

3 As you walk, pick out a marker in the distance (like a lamppost) and keep your eye on it until you reach it. This tactic can make your walk feel shorter than it is.

Step boost! 10 Add 1,500 more steps to your baseline number. Don't forget to stick with this number daily until the next Step Boost.

17 Sneak in steps by pacing around while talking on the phone and returning grocery carts to the store entrance rather than leaving them in the parking lot.

25 Take the stairs instead of the escalator: 2 extra minutes of stair climbing per day (the equivalent of three floors) can burn enough calories to negate the average American's annual weight gain of 1 pound a year.

HEALTH THIS MONTH!

BY ALYSSA SHAFER

4 While you're moving, think about what motivates you to exercise, whether it's your family or an upcoming vacation. At home, post pictures of your "why" on the fridge or bedroom mirror for 24/7 inspiration.

5 A strong core prevents backaches, which can creep up during a stroll. Target yours today with 5 minutes of ab exercises at the end of your walk.

6 Take a power walk around the mall, then treat yourself to a pair of walking shoes. Look for a pair that flexes with your foot (try the Asics MetroLyte Gem, \$65; asics.com).

Step boost! 7 Add 1,000 more steps to your baseline number.



11 Get pumped for your sweat session—download a fresh playlist with new-to-you songs.



12 Incorporating intervals into your workout can help boost calorie burn. Walk 1 minute at a brisk pace (you should be breathing hard but not gasping for air) followed by 2 minutes at an easy pace; repeat 4 times.

13 Circle your room or office for 5 minutes when you need a jolt of inspiration. Experts found that walking helps get your creative juices flowing.

14 Take a stroll after dinner, then share your exercise progress on social media. People who broadcast their goals have more success losing weight.

18 Don't let a snow day slow you down. Slip the super-light Kahtoola NANOspikes over your sneakers for extra grip in slippery conditions (\$49.95; kahtoola.com).

19 Add another set of intervals to your walk. This time, challenge yourself by cutting your "down" time in half. Walk 1 minute at a quick pace followed by 1 minute at an easy pace. Repeat this for 15 minutes (or more if you can keep it up!).

Step boost! 20 Add 2,500 more steps to your baseline number.

21 Marching in place counts! To rack up steps in your living room, try a DVD like Leslie Sansone Walk Off Fat Fast (\$14.98; amazon.com).



26 Follow the 1-mile rule: If your errands are less than a mile away, walk them at a brisk pace instead of getting behind the wheel of your car.

Step boost! 27 Add 4,000 more steps to your baseline number. You're walking a whopping 2 extra miles daily now!

28 Try a 5K. Put a month's worth of hard work to the test with a 3.1-mile walk. If you walk at a moderate pace, you'll power through in about 1 hour.

Don't stop because February is over! Use the strategies you learned this month to maintain your regular walking habit for good.

ADDITIONAL SOURCES: Sean Foy, MA, author, *The Burst! Workout*. Michele Olson, PhD, exercise physiologist, Auburn University at Montgomery, Montgomery, AL. Lisa Wheeler, fitness expert and creator, *Weight Watchers: 7 Day Tone & Burn DVD*.

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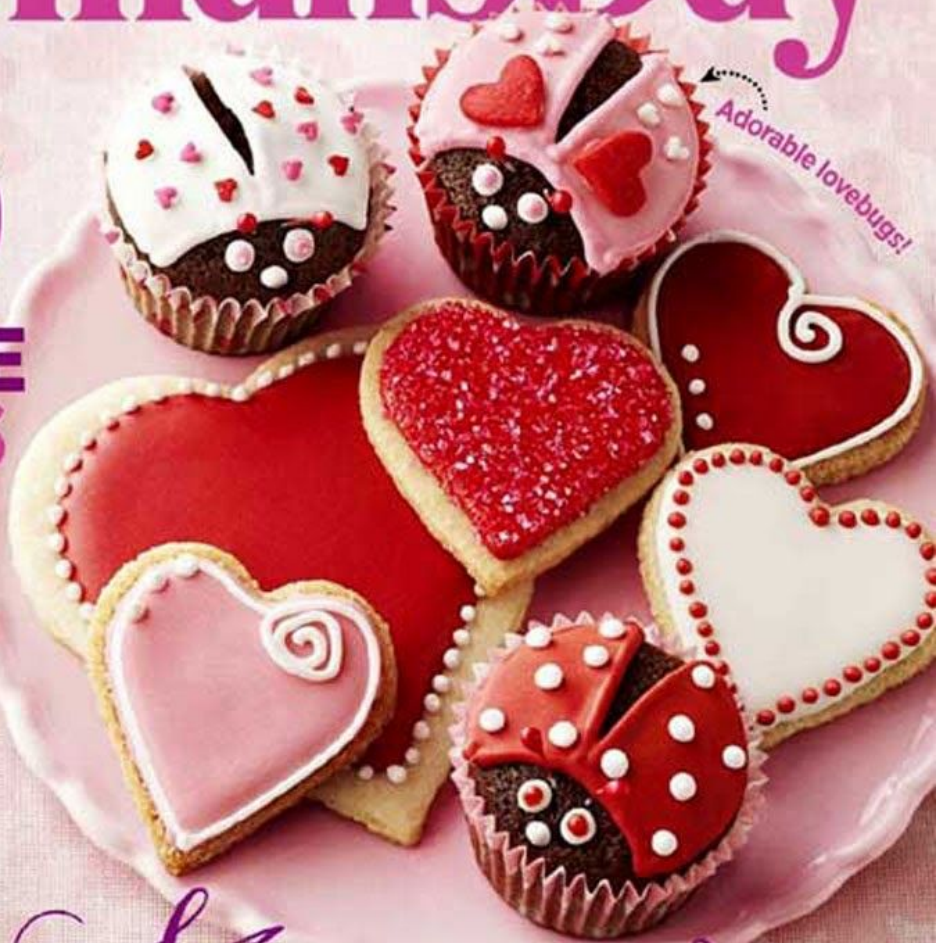
Save on
groceries
WITH ONE
EASY TRICK

Walk off
HOLIDAY
POUNDS!

EXCLUSIVE!



DOLLY
"I'm real
where it
counts"



Adorable lovebugs!

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TASTY LOWFAT
SWEETS TO
BAKE & SHARE

FEBRUARY 2015
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