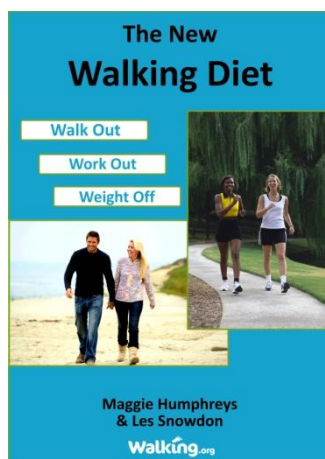


Why Walking Will Work For You



These preview pages will introduce you to the benefits of fitness walking. Find out why we started walking and why we are still walking after all these years. And take a look at the sample pages from the book including sample days from The 30 Day Walkout and The 30 Day Healthy Eating Plan, motivational plans to get you started on the road to fitness and a healthy, nutritious diet. It is much easier to achieve success with a plan and a goal to aim for!

This Book Is About You!

Tired of diet and exercise fads that don't work? Searching for a simple plan that will get you back on your feet again, get you moving, keep you motivated and produce results? Results that are real. Results that can be maintained year in, year out. Results like getting fit, shaping up and losing weight.

Look no further. The New Walking Diet is the easiest, cheapest, most effective fitness, shape-up and weight loss plan ever. You may not realise it, but walking is the magic bullet everyone is seeking for health and fitness because it is a natural activity that most of us have been doing all our lives – the problem is we're not doing enough of it and not in the right way. That's where fitness walking comes in! Fitness walking is a state of mind, a new look at the way we walk.

This book is about your fitness, your health, and your happiness. When you have finished reading it – and you have walked your way through its pages – you will be fitter, slimmer, and you will have learned how to manage your own maintenance programme that you can use for the rest of your life. Because exercise is for life. It's not a short term cure. You have to work at it. But the key is to make it fun.

You have a right to be fit. And you have a right to good health and a long life. But when it comes down to it, only you can make the changes that will bring you these benefits. You may have tried and failed with other exercise and diet routines, but this time you are going to succeed; this time you are going to be a winner. But to be a winner you have to accept responsibility for yourself.

Only you are responsible for your heart. Only you are responsible for your pulse, your blood pressure, your lungs, your body fat, your cholesterol level and your weight. But with our help, you will learn how to overcome inertia, how to motivate yourself, how to walk and how to keep walking. Walking works – and it really can work wonders!

Why Walking Works

More than 90 per cent of people who lose weight on diets put the weight back on again. Most diets are temporary solutions to a permanent problem – which is how to lose weight and maintain that weight loss. Most diets fail because:

- on their own, without exercising, you lose weight rapidly and much of this is lean tissue, not fat
- most diets fail because your metabolism slows down – your body thinks it's being starved so it conserves fat, the opposite of what you want!
- most diets fail because they are extreme, impractical and – simply boring

With some slimming foods offering miracle weight loss without exercising, and some fitness plans offering quick weight loss without dieting, it's easy to see why some people think that you can eat healthily without exercising or exercise without eating healthily.

But the answer is not that simple.

If you want to get fit, lose weight and maintain your fitness and weight loss for the rest of your life, then you need to eat healthily and exercise. Most people fail on diets because the diets are temporary (the yo-yo syndrome), unpleasant and nutritionally unsound – and the exercise suggested is often difficult to keep up and boring. The diets are bad for your health and leave you feeling deprived, bad tempered, depressed and yes – hungry!

But don't despair. Research shows that adding exercise to a moderate diet is a far more effective way to lose weight than dieting alone. According to researchers at Stanford University Medical School, Stanford, California, USA, combining a walking programme with a healthy diet results in a greater loss of total body fat and dangerous blood cholesterol than dieting alone. Exercisers in the Stanford study lost almost double the percentage of body fat than those who only dieted.

Moderation is the key to successful dieting and exercise. Moderate exercise – brisk, aerobic walking – with a moderate healthy eating plan, as in The New Walking Diet, is the easiest and quickest way to lose those unwanted pounds and keep them off forever.

Because brisk walking is an aerobic exercise, if you walk in the low to moderate range of your target heart rate, you will burn stored fat as fuel after the first 20 minutes. And the

longer you walk, the more fat you will burn. Compared with being sedentary (sitting at a desk, watching TV) you will burn around five times as many calories when you walk aerobically at 3.5 - 4.0 miles an hour and on average you will lose up to 200 calories every 30 minutes.

The Walking Revolution

Walking is the most democratic of activities. It's natural, it's easy, it's safe and just about anyone can do it. Easier than jogging, swimming and other aerobic exercises, mankind's simplest way of getting around is quickly becoming the easiest and most effective way for most people to exercise, lose weight and get fit. Almost a 'forgotten art', walking is fast becoming the exercise of choice for the new century – and just about anyone can do it, young and old.

Since we originally wrote *The Walking Diet*, walking has been at the forefront of a fitness revolution that has swept the Western world. It has become known as 'the quiet revolution'.

Walking for fitness or 'fitness walking' has replaced jogging as the most widely practised aerobic exercise to get fit, stay slim and beat stress.

According to the World Health Organisation: 'A walker loses weight, lowers cholesterol, reduces conditions associated with hypertension, slows aging and the decline of aerobic capacity, increases strength, flexibility and balance, strengthens bones and increases stamina.'

The founding father of the medical profession, Hippocrates, said that walking is the best medicine. Now, 2500 years later, fitness walking is a 'best exercise' recommended in more than 40 medical studies by exercise physiologists, biomechanical experts, cardiologists, chest experts, obesity experts and stress experts.

Walking is a natural, healthy expression of the human body. Your body is built for walking – it's the ultimate exercise machine. Walking helps you restore rhythm and balance to your life and it makes you fit, healthy and whole. The message is simple: fitness walking – brisk aerobic walking – is the easiest, cheapest and most accessible way for most people to get fit and stay fit for life. There is nothing difficult or faddish about walking, so it appeals to people of all ages. It keeps you slim, it helps beat stress – and it's fun.

Fitness walking will give you more energy and vitality than you've ever had. It's easy and it works. No matter at what level of fitness you begin, walking wins every time. Fitness walking is the opposite of the high-intensity, high-impact 'go for the burn' culture of the 80s and 90s – the injuries, the no-pain no-gain, the yo-yo/stop-start treadmill that everyone wanted to be on but couldn't wait to get off. A low-intensity, low-impact exercise, fitness walking is the exercise for the new century that we can all do, without getting injured and burnt out. Since we all walk, it's simply a matter of walking more often and more briskly and transforming a simple unconscious activity into a meaningful aerobic exercise.

Here are just some of the benefits you will gain from fitness walking:

Health Benefits

- Improved heart health
- Lower blood pressure
- Lower cholesterol – increases 'good cholesterol'
- Strengthens bones – helps to prevent osteoporosis
- Reduces stress
- Improves mood and increases sense of well-being through release of endorphins

Fitness

- Increased cardiovascular conditioning
- Improved muscle tone and strength

Weight Loss

- First class calorie burning – depletes fat, not muscle
- Metabolic rate increased 1-4 hrs after walk, assisting further weight loss
- May raise resting metabolism – assisting weight loss
- Successful long-term weight maintenance

Lifestyle

- Easiest and safest way for all the family to keep fit
- Easiest and safest way for the over 50s to keep fit
- Easiest long term exercise

Your 30 Day Fitness Walking Goal

Almost anyone can walk. Whether you're young or old, single or married, already fairly active or have been inactive for years; whether you have a figure like Kate Moss or are 40 pounds overweight, you can reap walking's amazing benefits – right now! By following our 30 Day Walking and Healthy Eating Plan, you will begin to gain all-round stamina, strength and suppleness. And you will feel better, have more energy, and have the get-up-and-go to get you through each and every day.

It's important to have a goal firmly in your mind. Here it is: to follow this 30 Day Walkout without letting anything distract you from your goal. It will be the beginning of a journey which will change your life. Like life itself, it will have its ups and downs, but along the way you will discover the magic of walking and learn about how it can help you. Combined with the 30 Day Healthy Eating Plan which follows the 30 Day Walkout in the book, you will get fit, lose weight, and have more energy and vitality than you've ever had before.

This is your plan. You are in charge. So step out now and begin making the changes that will lead to a fitter, slimmer, healthier YOU. Remember, the longest journey begins with just one step.

DAY 2

HOW MANY CALORIES WILL I BURN?

A 150 lb (68 kg) person walking briskly (aerobically) at 3.5-4.0 mph will burn off on average 180-200 calories every 30 minutes. A 200 lb (91 kg) person walking at the same speed will burn around 235-265 calories every 30 minutes. But to make things easy let's say that the average person can lose around 80-100 calories for every 15 minutes of brisk walking. If you add all those calories up each week, that's an awful lot of calories at the end of each month and at the end of the year!

So to help keep you motivated and so that you can see how well you're doing, you should keep a note each day of how many calories you have burned. No need to be exact. Just do a quick estimate in your mind and keep a cumulative total - add the calories burned each day to the cumulative total from the previous day. That way you can see at a glance how many calories you have burned in a week and at the end of the month.

Walking Log

Time planned: 20 minutes

DAY 16**LITTLE CHANGES THAT MAKE A BIG DIFFERENCE**

Walking burns calories - lots of them! Take a walking break, walk a mile in 15 minutes and you will burn on average 80-100 calories (150 lb person). Skip your walk, and you'll be lucky to burn 15 calories. Sit down and eat a small chocolate bar during the same time and you will gain 300 calories. So for a quick pick-me-up that will give you an energy boost and help you cut the calories, take regular walking breaks.

Add one 15 minute walking break to your day, walk a mile and you could burn up to 36,500 calories in a year. Considering that there are roughly 3,500 calories in a pound of stored body fat, that means that you will burn more than 10 lbs of excess fat a year. And that's only exercising 15 minutes extra each day. Cut out that chocolate bar or another 300 calories a day from your diet, and just imagine how many extra calories you could burn in a year. So you see - little changes can make a big difference.

Walking Log

Time planned: 30 minutes

Your 30 Day Healthy Eating Goal

Don't forget that healthy eating is as important as regular exercise. By combining fitness walking with the 30 Day Healthy Eating Plan, you will soon begin to zip off several pounds a week and your diet will be much healthier.

The Healthy Eating Plan emphasises the use of fresh foods, particularly fresh fruit and vegetables. The recipes are not only balanced and nutritious but are also delicious, easy to prepare and versatile. The Healthy Eating Plan includes breakfasts, light meals and main meals, with suggestions for eating out and entertaining.

Choose whether you want the light meal or main meal at lunch time or in the evening. If any foods in the recipes are not available, simply substitute another appropriate food. After following the 30 Day Healthy Eating Plan, you will be able to adapt many of your own favourite recipes to a lighter, healthier version.

DAY 28

LIGHT MEAL

Mushroom Frittata

150 g (6 oz) mushrooms, thinly sliced	3 ml (½ tsp) chopped fresh parsley
1 small onion, finely chopped	10 ml (2 tsp) olive oil
3 large eggs	freshly ground black pepper and salt

Put the mushrooms and onion into a small pan with a little water and simmer for about 5 minutes, reducing the liquid if necessary. Meanwhile, whisk the eggs with a little water and some black pepper and salt. Add the parsley. Heat the olive oil in a small omelette pan and add the eggs, cooking until almost set. Finish cooking under a hot grill. Arrange the mushrooms and onion on the omelette, fold over and cut in half. Put on individual plates and serve immediately.

MAIN MEAL

Provençal Fish

2 125 g (5 oz) white fish fillets	100 g (4 oz) mushrooms, chopped
2 shallots, finely chopped	125 ml (5 fl oz) tomato passata
1 clove garlic, finely chopped	1 glass red wine or water
1 small green pepper, diced	5 ml (1 tsp) chopped fresh dill
1 small red pepper, diced	freshly ground black pepper and salt

Put the shallots and garlic into a pan with the tomato passata and red wine or water and cook over a medium heat for 5 minutes, stirring occasionally. Add the fish fillets, green and red peppers, mushrooms, dill and black pepper and salt and cook for a further 10 minutes, adding a little more wine or water if necessary. Stir occasionally, breaking the fish fillets into bite-size pieces. Serve with brown rice and spinach.

Spotlight

When entertaining friends, show how appetising healthy eating can be. Always present food in an attractive way (do this even when it's just for yourself). When you are planning your meal, think about the colours of the foods - simple garnishes such as wedges of lemon or sprigs of fresh herbs add colour to a dish. Your friends will soon be asking for the recipes!

DAY 30

LIGHT MEAL

Prawn Salad

150 g (6 oz) cooked peeled prawns
lettuce leaves
2 tomatoes

wedge cucumber
10 ml (2 tsp) reduced-fat mayonnaise
5 ml (1 tsp) lemon juice

Mix the mayonnaise with the lemon juice and coat the prawns with this mixture. Arrange the lettuce leaves on individual plates then spoon the prawns on to the lettuce leaves. Slice the tomatoes and cucumber then arrange alternate slices around the prawns.

MAIN MEAL

Stir Fry Beef and Vegetables

220 g (8 oz) lean beef steak
1 medium carrot, cut into thin strips
1 stick celery, thinly sliced
1 small red pepper, diced
50 g (2 oz) mangetout
4 spring onions, shredded
small piece root ginger, peeled and shredded

1 clove garlic, finely chopped
15 ml (1 tbsp) sunflower oil
10 ml (2 tsp) Nam Pla fish sauce
5 ml (1 tsp) soy sauce
juice of 1/2 orange
freshly ground black pepper

Cut the steak into slivers, 1/2 inch wide by 1 inch, as thinly as possible - this is easier if the meat is put into the freezer for about 30 minutes before cutting. Heat the oil in a large pan or wok and add the slivers of beef, carrot, celery, ginger and garlic. Cook for 3-4 minutes, stirring continuously. Add the red pepper and mangetout then stir in the fish sauce, soy sauce and orange juice. Add the shredded spring onions and some black pepper. Serve with brown rice.

Spotlight

Well done - you're a winner! You should feel pleased with yourself. You have now completed the 30 Day Healthy Eating Plan and you are well on the way to achieving lifelong health, fitness and weight control. Give yourself a treat!

About The Authors

Since the early 1990s Maggie Humphreys and Les Snowdon have been at the forefront of initiatives to promote the benefits of walking for fitness, weight-loss and long-term health. Their books have been international bestsellers and they have been interviewed and featured more than 200 times in the press, in magazines, and on radio and TV. Check out Maggie and Les' website at www.walking.org.

A teacher for more than 25 years, Maggie is the co-creator and author with Les of Ed's Reading Room at www.edontheweb.com. Ed is a lovable blue owl! Each month Ed's Reading Room features recently published books as Ed's Books of the Month for the different age groups in Years 1-6 (age 5-11). Each book is accompanied by specially written, fun literacy activities. Reading is fun with Ed!