

BEGINNERS GUIDE TO

# Running for Weight Loss



DAY 1 DAY 2 DAY 3 DAY 4 DAY 5 DAY 6 DAY 7

## WEEK 1

Walk <hr/> <b>20</b> MIN	Rest or nonimpact cardio <hr/> <b>20</b> MIN	Walk <hr/> <b>20</b> MIN	Rest or nonimpact cardio <hr/> <b>20</b> MIN	Walk/Run <hr/> <b>4x</b> (WALK 4 MIN / RUN 1 MIN)	Walk or nonimpact cardio <hr/> <b>20</b> MIN	Rest  
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## WEEK 2

Walk/Run <hr/> <b>5x</b> (WALK 4 MIN / RUN 1 MIN)	Walk or nonimpact cardio <hr/> <b>25</b> MIN	Walk/Run <hr/> <b>6x</b> (WALK 3 MIN / RUN 1 MIN)	Rest or nonimpact cardio <hr/> <b>20</b> MIN	Walk/Run <hr/> <b>7x</b> (WALK 3 MIN / RUN 1 MIN)	Walk or nonimpact cardio <hr/> <b>25</b> MIN	Rest  
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## WEEK 3

Walk/Run <hr/> <b>7x</b> (WALK 2 MIN / RUN 2 MIN)	Walk or nonimpact cardio <hr/> <b>30</b> MIN	Walk/Run <hr/> <b>9x</b> (WALK 1 MIN / RUN 2 MIN)	Rest or nonimpact cardio <hr/> <b>25</b> MIN	Walk/Run <hr/> <b>7x</b> (WALK 3 MIN / RUN 1 MIN)	Walk or nonimpact cardio <hr/> <b>30</b> MIN	Rest  
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## WEEK 4

Walk/Run <hr/> <b>6x</b> (WALK 1 MIN / RUN 4 MIN)	Walk or nonimpact cardio <hr/> <b>30</b> MIN	Walk/Run <hr/> WALK 5 MIN RUN 20 MIN WALK 5 MIN	Walk or nonimpact cardio <hr/> <b>30</b> MIN	Run <hr/> <b>30</b> MIN	Walk or nonimpact cardio <hr/> <b>30</b> MIN	Rest  
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# Guide Weight Loss

**Dr. W. Ness**



## **Guide Weight Loss:**

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The Complete Idiot's Guide to Losing Weight Susan McQuillan,Edward J. Saltzman,1998  
Common sense strategies for losing weight and keeping it off

**The Nurse's Guide to Diet Therapy** Lois H. Bodinski,1982

**Dietotherapy ...** William Edward Fitch,1918

*Behavioral Medicine A Guide for Clinical Practice 4/E* Mitchell D. Feldman,John F. Christensen,2014-07-06 The 1 guide to behavioral issues in medicine Thorough practical discussion of the full scope of the physician patient relationship The goal of Behavioral Medicine is to help practitioners and students understand the interplay between psychological physical social and cultural issues of patients Within its pages you will find real world coverage of behavioral and interactional issues that occur between provider and patient in everyday clinical practice You will learn how to deliver bad news how to conduct an effective patient interview how to care for patients at the end of life how to clinically manage common mental and behavioral issues in medical patients the principles of medical professionalism motivating behavior change and much more As the leading text on the subject this trusted classic delivers the most definitive practical overview of the behavioral clinical and social contexts of the physician patient relationship The book is case based to reinforce learning through real world examples focusing on issues that commonly arise in everyday medical practice and training One of the significant elements of Behavioral Medicine is the recognition that the wellbeing of physicians and other health professionals is critically important to caring for patients Enhanced by new and updated content throughout Behavioral Medicine provides insight and information not available anywhere else for those who seek to provide comprehensive high quality care for patients And it does so in a way that acknowledges patients as people who have problems that often go far beyond the reach of traditional medical care

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