

10 lbs. Thinner by Thanksgiving!

Whether you're in a rush to lose weight or want to go at a moderate pace, our no-stress walking plan puts you on the right path

Worried about gaining weight this winter? Get a walking plan in place now, and you'll sail slimly through the temptation-rife times ahead. Designed by Liz Neporent, president of the corporate medical and fitness consulting firm Wellness 360, the program contains two options. For the fastest results, follow the main schedule and eat 400 fewer calories than normal every day — you'll lose about 10 lbs. by Thanksgiving. If you want to go slower, walk six days a week following the “take-it-easier option” directions on the schedule and cut out 300 calories per day for a 6-lb. weight loss by turkey day.

Day 1: Quick Start

- 1 Walk slowly for 5 minutes.
 - 2 Walk at a moderate pace (stride briskly) for 35 minutes.
 - 3 Cool down by walking slowly for another 5 minutes.
- Total calories burned: 200**
TAKE-IT-EASIER OPTION: Same drill.

Day 2: Add It Up

- 1 Walk at a moderate pace for 30 minutes.
 - 2 Throughout the day, burst into 5- to 15-minute intervals of fast walking (during which you are breathing hard). The intervals should add up to 30 minutes.
- Total calories burned: 300**
TAKE-IT-EASIER OPTION: Skip the first step, and throughout the day, burst into 5- to 15-minute intervals of fast walking (during which you are breathing hard). The intervals should add up to 60 minutes. **Total calories burned: 275**

Day 3: Speed Demon

- 1 Warm up by walking slowly for 5 minutes.
 - 2 Walk at a moderate pace for 2 minutes and as fast as you can for 3 minutes.
 - 3 Repeat the second step 10 times.
 - 4 Walk slowly for 5 minutes to cool down.
- Total calories burned: 290**
TAKE-IT-EASIER OPTION: Follow directions above, but repeat the second step 7 times (not 10). **Total calories burned: 200**

Day 4: The Hills Are Alive

- 1 Warm up by walking at a moderate pace on a level surface for 5 minutes.
 - 2 Walk up a fairly steep hill at a moderate pace for 3 minutes. Walk downhill for 2 minutes. Repeat the up-and-down cycle 10 times. If you can't find hills to climb, stairs will do, says Denise Tryner, founder of Denise Tryner Fitness Consulting, in Denver, Colo. If your knees hurt when you walk down stairs or hills (going up is usually easier on the joints), you can take the stairs up and an elevator down, or walk in place or on a flat surface for the “downhill” length of time.
 - 3 Cool down by walking at a comfortable pace for 5 minutes.
- Total calories burned: 465**
TAKE-IT-EASIER OPTION: Follow the instructions above, but repeat the up-and-down walking cycle only 5 times. **Total calories burned: 245**

Day 5: Go the Distance

- Walk at a brisk pace for 90 minutes. (You can break this up into two 45-minute or three 30-minute walks.)
- Total calories burned: 414**
TAKE-IT-EASIER OPTION: Get in 75 minutes of brisk walking today. **Total calories burned: 345**

Day 6: The Hills Are Alive Part II

- 1 Warm up by walking slowly for 5 minutes.
 - 2 Walk up a moderately steep hill or staircase at a moderate pace for 4 minutes. Walk down at an easy pace for 2½ minutes. Repeat 8 times.
 - 3 Cool down with an easy 5-minute walk.
- Total calories burned: 465**
TAKE-IT-EASIER OPTION: Do the regular workout from Day 3 (repeating your cycle 10 times). **Total calories burned: 290**

Day 7: Go the Distance Part II

- Walk fast for 60 minutes. **Total calories burned: 300**
- TAKE-IT-EASIER OPTION:** Take the day off!

CALORIE COUNTS BASED ON A 155-LB. WOMAN



Step up your workout with these helpful accessories

- 1 Nalgene N-Gen Bottle, \$10.25, www.nalgene-outdoor.com
- 2 Timex Pedometer, \$20, timex.com
- 3 Kinesys Performance Sunscreen Spray with Parsol, \$15, **REI stores** or kinesys.com

WHERE TO PARE!

Try these easy, no-suffering swaps to carve excess calories out of your diet

Ways to Cut 400 Calories a Day

- **BERRY GOOD:** Substitute 1 cup of frozen blueberries for 1 cup of ice cream. **Calories saved: 452**
- **DRINK UP:** Guzzle 4 cups of water with lemon wedges instead of 4 cups of sugary soda. **Calories saved: 408**
- **AX THE OIL:** Trade in your 6-oz. pan-fried steak for a 3-oz. one that's broiled. **Calories saved: 398**

Ways to Save 300 Calories a Day

- **CHIPS OVERBOARD:** Swap that afternoon brownie for a sweet and crunchy apple. **Calories saved: 300**
- **GET CORNY:** Exchange 2½ oz. of potato chips for 1 cup of air-popped popcorn. **Calories saved: 344**
- **SCRAMBLE BREAKFAST:** Instead of three pancakes drenched in syrup, go for the long-lasting protein of a large egg, fried in fat-free cooking spray or hard-boiled. **Calories saved: 321**

PHOTOGRAPHS: Q&S DIGITAL STUDIO; HAIR & MAKEUP: RENEE MAJOUR FOR RJ BENNETT; STYLING: KATHY KALAJUT



The Right Stuff

Warm, comfy gear makes your workout a walk in the park

Here's a complete weather-protection system:

- Heavenly Bliss Beanie, \$20, and Cerise Wind Windbreaker, \$75, columbia.com for stores
- Power Stretch-10 Gloves, \$25, manzella.com

>q&s tip

Walk backward every once in a while — just be sure to do so on a safe, even surface, such as a track. The unfamiliar motion improves your coordination and burns calories fast.

Brown Adventure Stretch Capri Pants, \$50, columbia.com for stores

Thorlo Ultra Light Hiking Mini Crew Socks, \$13, thorlo.com; New Balance Suede Mesh Country Walker Shoes, \$70, **800-253-SHOE** for stores