

Fitness Walking For Women By Rippe

Lose weight, tone up, and look younger in just three weeks! Walk yourself to the fittest and healthiest version of yourself. Walk Off the Weight is a full 21-day plan and has all the advice and guidance you need. Simply follow the exercise instructions and the eating plan on each day and you will be fitter and healthier and look better than ever before! Lucy Wyndham-Read has used this plan with her clients for many years and she has seen amazing results. The before and after photos of her clients will show you what you can achieve by following Lucy's walking workout routine. Walking is an amazing exercise that anyone can do and the results are incredible: weight loss, increased fitness, and toned legs, arms, bottom, and thighs. The book also contains Lucy's Healthy Anti-Aging Plan full of delicious meals and snacks that are easy to prepare and help promote collagen in the skin; you will look younger and more radiant. Using Walk Off the Weight will be like having Lucy right by your side to help with your training every day. And in just 21 days, you'll be a new person!

A total fitness programme from power-walking expert Nina Barough Keep fit, tone-up and lose weight - walking is the perfect way to achieve optimum health, hassle free. Power-walking expert Nina Barough reveals there is a world of difference between a casual stroll and an energising, body-sculpting power walk. Founder of the annual Moonwalk, Nina explains how this low-impact form of exercise can be done by anyone, anywhere at anytime and her total walking programme will help you achieve health, vitality and weight-loss. This book was made for walking!

Draws on recent scientific studies documenting superior aerobic benefits of exercise walking. Black-and-white drawings and graphs throughout.

Imagine my surprise when walking solved my major health problem! -Watch my video below for the complete story- Are you like me? Or, should I say like I was in the recent past. Injured again from running, not exercising due to the injury, my body not recovering as quickly as it did when I was younger, and feeling a little depressed. I needed help to get in shape during the rehab from my back injury. I found walking is the easiest way to get in shape and stay in shape. Why should you be enthusiastic about Walking for Health and Fitness? Walking is free. Walking is easy to do. Walking is easy on your muscles, joints, and bones! Walking for Health and Fitness gives you specific steps to take to get moving today and keep you moving well into the future. Its 170-pages were designed to be read quickly, highlight the benefits of walking, and most importantly... get you out the door walking! Each of its 22 chapters ends with "Your Next Step"; a very simple plan-of-action to follow as you begin your walking exercise. Discover the benefits of listening to audiobooks with the FREE DOWNLOAD of the Walking for Health and Fitness Audiobook. An investment in yourself! Doctor's visits, lost time at work, and the lessened quality of life due to preventable illness all add up to a significant sum of time and money. This book is an investment in yourself! What could be better than that? Your health, happiness, and life depend on it! There's no question walking is good for you. Think about the tortoise and the hare. When you take a long-term view of the benefits of walking for health and fitness, you'll see it makes sense to slow yourself down and to continue to walk for fitness to stay healthy well into old age. Also, let me show you how to get in shape after 50. The book is organized into 4 sections: Getting Started Basic Training Beyond the Basics Mindset Don't become a statistic! Health care costs steadily increase with body mass Obesity is one of the biggest drivers of preventable chronic diseases Heart disease and stroke cost America nearly \$1 billion a day Low back pain has a major economic impact with total costs related to this condition exceeding \$100 billion per year. Your Next Step: You must decide right now not to become a statistic. You have it within yourself to take control of your health! After a back injury forced me out of work for four months, I began walking for exercise as a way to get in shape. Being out in the fresh air, feeling the rhythmic movement of the walking stride, and using walking meditations to get deeper into my thoughts with a walking meditation. As a walker I've: Slowed down and improved my mindset Done Walking meditation Listen and absorbed audiobooks Take pictures Recorded my thoughts into my iPhone Looked forward to my walks Also, I supercharge my walk with bodyweight exercises and I've used walking to lose weight! In contrast, when I was a runner and worked out at the gym I'd have to get myself psyched up just to get out the door and I usually used the little annoyances in life as an excuse to not work out. Walking has worked wonders in my life so let me show you how to get in shape and use walking for exercise to improve your health and fitness. Discover how to get in shape the easy way. Watch my video below and read the Look inside preview! Walk on, Frank S. Ring

Walking Wisdom for Women

Dr. James M. Rippe's Complete Book of Fitness Walking

A Complete Guide to the Complete Exercise

Laboratory Manual for Exercise Physiology, Exercise Testing, and Physical Fitness

Increasing Physical Activity: A Practical Guide

Total Fitness for Women - U.K. Edition

Just 30 minutes a day of exercise can save a life. This four-step practical plan helps readers avoid excuses and get on the track to fitness. Illustrated program guide, sensible activities, a weight-loss plan and more. Illustrations.

This eBook is a total fitness guide for women with equal emphasis on exercise, nutrition, weight loss and weight maintenance. Learn how to lose weight, eat healthy and look your best. The eBook is packed with useful new tables: BMI-Based Height-Weight, Weight Loss Prediction Assessment, Strength Assessment and much more including illustrated dumbbell workouts. Total Fitness for Women - U.K. Edition is an easy-to-use eBook you can trust from NoPaperPress. (Imperial and metric units, PhD author) TABLE OF CONTENTS - What's In This eBook - Health Counter Measures - The Benefits of Being Fit - Cardio Self Assessment - Strength Assessment - Flexibility Assessment - Body-Weight A Based Weight vs. Height - Are You Eating Sensibly? EXERCISE FUNDAMENTALS - Calories Burned - Types of Exercise - Select the Right Exercise - Aerobic Exercise: How Hard? - Aerobic Target-Training Zone - Aerobic Exercise: Intensity-Level - Aerobic Exercise: How Often? - Aerobic Typical Workout - Pulse Measurement - Walking Program - Jogging Program - Your Body's Muscles - Strength-Building Programs - More Exercises - Other Exercises - Missed Workouts - Exercising in Hot Weather - Exercising in Cold Weather - Exercise Risks and Problems - Keep an Exercise Log - Workout to Stay Healthy NUTRITION BASICS - Our Disastrous Eating Habits - Nutrients & Micronutrients - Protein Blocks - You Need Carbs - Glycemic Index - Glycemic Load - Cholesterol and Triglycerides - Fats in Foods - Vitamins and Minerals - Phyto Vitamin/Mineral Supplements - Guidelines for Healthy Eating - Basic Food Groups - Estimating Calories in a Meal - You Need Fiber - Water Everywhere - Use Salt Sparingly - Not Too Much Sugar - Common-Sense Nutrition - Eat Slowly SLIMMING - Energy Conservation - Total Requirements - Activity Energy - A Slimming Program - When Does Weight Change Occur? - What About Counting Carbs? - Count Weight Points? - What Makes a Good Diet? - Simple Slimming Math - Weight Loss Prediction Tables - Selecting the Correct Table - Weight Loss Decrease - Weight Variations Due to Water - The Dreaded Weight Loss Plateau - Slimming Maxims - Slimming Eating Patterns - Set Mea

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Handle Overeating - Keep a Food Log - Handling Special Situations - Plot Your Weight Loss - Can You Target Weight Loss? - Losing Belly
First Off WEIGHT MAINTENANCE - A Weight Maintenance Program - Why Do People Regain Weight? - Weight - a Life-Long Struggle - Pla
Maintenance Eating - Mini Diets Maintain Weight Loss - Keys to Life-Long Weight Control LIFE-LONG FITNESS - The Keys to Total Fitness
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Build the foundation of scientific knowledge and practical decision-making skills needed to excel in an exercise training career Master t
exercise physiology and learn how to apply them to the real-world challenges of exercise training with Exercise Physiology: Integrating
Application, Third Edition. Designed to connect theory to practice, this engaging, accessible text gives students a thorough understandi
adapts to exercise and environmental stresses and how basic physiology informs practical decisions. This new edition expands the cover
applications, extends on our growing scientific knowledge of exercise physiology, explores the topic of "Exercise is Medicine", and offers
on finding reliable research-based answers to real-life questions. New content, as well as updated coverage of the endocrine system, a
nutritional support, and environmental effects make this the perfect resource to support the diverse case scenarios seen by personal t
coaches, fitness instructors, athletic trainers, and other exercise professionals.

Describes how to assess one's level of fitness and offers advice on equipment, safety, techniques, exercise program design, weight loss
factors

The Good Housekeeping Illustrated Guide to Women's Health

Lifetime Physical Fitness and Wellness: A Personalized Program

Nordic Walking for Total Fitness

Daily Walking Notebook for Women 2021 - Fitness Journal Tracker Record Book for Healthy Lifestyle

ChiWalking

Check out this awesome Daily Walking Logbook to help you track your daily walks, make notes about location, distance, steps, and make other notes. Walking is a great exercise that doesn't involve cost or over exertion. Challenge yourself to 100 walks by using this log book to keep track of your progress on the road to fitness and peace of mind. Book Details: - 104 Pages - 99 Walk Capacity - 6" x 9" inches - Paperback - Soft Gloss Cover Each Page allows you to fill in: - Date - Brief Description of walk - Distance covered - Step count - Walking time - Walking speed - Location - Target distance - Actual distance Get Your Copy Today!

The ideal Walking Journal for keeping records of particular walks. Finish your 120 walks challenge, by planing short walks at a gentle pace, you will find by keeping this journal that your fitness will improve and the walks will get progressively easier. Features : Page to write the name of the owner Design: matte cover design, perfect binding 102 pages With Prompts 6 x 9 inches Page Details: Walking Numer Date Start Time End Time Walk Duration Walk Distance Description of the walk route Companion(s) Weather Conditions Meet anyone or eventful memory How do you feel after this walk and more ... This is a perfect gift for loved ones that are attempting to improve their health and life.

Fitness check - Walking technique - Apparel and gear - Training guidelines - Workouts - Programs.

Compiled and written by the NoPaperPress staff (with tables and charts by Vincent Antonetti, PhD), especially for health-care practitioners (physicians, nurses, nutritionists, dietitians, personal trainers, etc). Help your clients lose and/or maintain body weight! Although any dieter who wants to lose weight and keep it off will profit from these outstanding eBooks. A great reference with safe, natural, effective and easy-to-use strategies. New BMI-based Weight versus Height table; new Body Fat Percentage table, new Maximum Waist Size tables, and new Optimum Waist Size tables. Unique Weight Loss Prediction and Weight Maintenance tables. Comprehensive Exercise and Nutrition chapters.

Fitness Walking for Lifelong Health and Energy

Walking Fitness Walking for Women

U.S. Edition

Keep Track of Your Daily Walks, Walking Journal (Gift Idea for Girls and Women), Daily Hiking

Walking Log Book, Challenge Yourself Logbook For Health & Fitness

100 Walk Challenge Journal

Logbook for Health and Fitness Paperback |a Guided Walking Journal Log for Women and Men - 6x9 Inches

"Nordic Walking for Total Fitness" offers a range of programs for cardio health, full-body conditioning, and sport-specific cross-training. With over 115 full-color photos, it is the complete guide to the power of Nordic walking, including the equipment, techniques, and supplemental conditioning for maximum fitness and enjoyment.

From the authors of the bestselling ChiRunning comes a revolutionary program that blends the health benefits of walking with the core principles of T'ai Chi to deliver maximum physical, mental, and spiritual fitness. The low-impact health benefits of walking have made it one of the most popular forms of daily exercise. Yet few people experience all the benefits that walking can offer. In ChiWalking, Danny and Katherine Dreyer, well-known walking and running coaches,

teach the walking technique they created that transforms walking from a mundane means of locomotion into an intensely rewarding practice that enhances mental, emotional, and physical well-being. Similar to Pilates, yoga, and T'ai Chi, ChiWalking emphasizes body alignment and mindfulness while strengthening the core muscles of the body. The five mindful steps of the ChiWalking program will get anyone, regardless of age or athletic ability, into great shape from head to toe, inside and out. 1. Get aligned. Develop great posture and better balance. 2. Engage your core. Make back and knee pain disappear. 3. Create balance. Walk faster, farther, and with less effort. 4. Make a choice. Choose from a menu of twelve great walks such as the Cardio Walk, the Energizing Walk, or the Walking Meditation, to keep your exercise program fresh. 5. Move forward. Make walking any distance a mindful, enjoyable experience, whether you're a beginner or a seasoned walker.

? The ideal Walking Journal for keeping records of particular walks. Finish your 100 walks challenge, by planing short walks at a gentle pace, you will find by keeping this journal that your fitness will improve and the walks will get progressively easier. ? The 102-page paperback book is a matte book and bound with book industry binding, don't worry, the lines are spacious and let you write comfortably, and The quality crisp white paper minimizes ink bleed-through and is perfect for pen or pencil users. ? Features : Page to write the name of the owner Design: matte cover design, perfect binding 102 pages With Prompts (6.69 x9.61)Inch White Paper (16.99 x 24.41 cm) ? Page Details: Walking Numer Date Start Time End Time Walk Duration Walk Distance Description of the walk route Companion(s) Weather Conditions Meet anyone or eventful memory How do you feel after this walk and more ... This is a perfect gift for loved ones that are attempting to improve their health and life. ? Don't forget to click the "Add to Basket" button to get your copy!

Laboratory Manual for Exercise Physiology, Exercise Testing, and Physical Fitness is a comprehensive text that will provide students with meaningful lab experiences--whether they have access to sophisticated laboratories and expensive equipment, or they are looking for procedures that can be done without costly materials. It will be a useful resource as they prepare for a career as an exercise science professional, athletic trainer, coach, or physical educator. The more than 40 labs cover seven major components of physical fitness. They are practical and easy to follow, consisting of a clear, logical format that includes background information, step-by-step procedures, explanatory photographs, sample calculations, norms and classification tables, and worksheets. Lab-ending activities and questions provide additional opportunities to practice the procedures and explore issues of validity, reliability, and accuracy. Readers will find this manual a valuable tool in learning to apply physiological concepts and to perform exercise tests, as well as an essential resource for any career involving physical fitness and performance testing.

Plusing Your Walk for Fitness, Career and Romance

Fitness | Nutrition | Anti-Aging – 21 days is all it takes

Running the Race to Revolutionize Women's Sports

My Walking Log

Walking for Fitness, Pleasure and Health

The Effect of a Walking Program on Health and Fitness in Sedentary Middle-aged Women

A guide to fitness walking provides advice on preventing injury, walking gear, stretching, hiking and backpacking, racewalking, and walking with weights
A guide to walking for health and fitness provides advice to women on specifically female concerns, reasons to exercise, activity scheduling, burning fat, nutrition, racing, typical problems that arise, clothing, and the older walker.

LIFETIME PHYSICAL FITNESS AND WELLNESS can help you take control of your personal fitness and wellness by providing current, practical information and tools to make positive choices for your health. The authors encourage you to assess your current behaviors in order to apply the practical steps you learn in the text to start positive behavior changes. The book integrates activities throughout each chapter to relate the content to your own life and provides dynamic visuals and descriptive examples to help you visualize important concepts. Feel empowered to make positive changes and improve your health with LIFETIME PHYSICAL FITNESS AND WELLNESS. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

The Women's Fitness Book is like having a personal trainer in the palm of your hand. It includes advice on healthy eating and weight loss, tips on motivation, setting goals, nutrition, instruction on how to establish and maintain fitness levels, and questionnaires and tests to accurately assess readers' starting point and progress. The Women's Fitness Book is a comprehensive tool, providing everything necessary for women to get healthy, sculpt the body they want, and maintain that healthy body for life.

Walking Log Book for Women

Walk Off the Weight

Fitness Walking for Women

A Complete Guide for Women

Fitness Walking For Dummies

Walking for Fitness

A fun, easy, and economical route to fitness and health ” “ This book will give women everywhere the guidance they need ” (Grete Waitz, 9-time winner of the New York City Marathon). Women ’ s fitness pioneer Kathrine Switzer has been on her feet for 53 years. She knows how running or walking is the fastest, easiest, and least expensive road to fitness for women of any age. For women over forty in particular, it ’ s vital to fit an exercise regimen into their busy lives, and ensure they can stay active and healthy for many years to come. No matter how inexperienced or old you are, Switzer will guide and ease you into a new exercise schedule, making the time you give yourself the best part of your day—and your future life. Recommendations for shoes, clothing, injury prevention, nutrition, motivation and finding the time in your life will keep you exercising safely and comfortably. For women over forty, Kathrine Switzer ’ s expert running and walking programs are specifically designed for you, enabling you to keep healthy and enjoy life to the fullest for decades to come. “ For many over-forty women, this book will be a passport to the best years of their lives. ” —Joan Benoit Samuelson, Olympic Gold Medalist and US marathon record holder

Call it power walking, fitness walking, or just plain walking. Indoors or out, walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people, young and old. In fact, walking burns about the same number of calories per mile as running (and

it's a lot easier on your knees). Walking is one of the most adaptable workout activities around – you can walk for an hour straight to make your walking program effective and to achieve your goals, or you can accumulate this hour over the course of a day. Fitness Walking For Dummies is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it. If you're already a walking fanatic, you'll find out how to become a better fitness walker. This easy-to-understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals, choosing shoes, and considering nutrition to optimize your workout. Fitness Walking For Dummies also covers the following topics and more: Warm-up and cool-down routines Strength training The four levels of walking: Lifestyle, Fitness, High-Energy, Walk-Run Weight-training routines and stretches that add variety Buying and using a treadmill Age, pregnancy, and walking with your dog Dealing with pain and injuries Like 67 million other people in the United States who log over 201 million miles a year, you want to take advantage of all of the great things a regular walking program can do for you. Whether your goal is to improve your health or your appearance, lose weight, get stronger, feel good about yourself, or all of the above, walking can help you get to where you want to go. This book can help you do that by showing you everything you need to know about starting and maintaining a walking program.

walking is a great exercise for the body. Mind and spirit you will find in this journal 100pages for recording your alks that can not only act as a motivanational aid. But also one for accountability. Set yourself a challenge to complete 100walks in 3 months or 100 in a year Book Details: * 101 Pages * 100 Walk Capacity * With Prompts * 6" x 9" inches * Paperback * Soft Matte CoverChallenge yourself to take 100 walks for fitness of mind and body. GET ONE TODAY!

Weight loss, low impact, fitness during pregnancy, aerobic conditioning, muscle tone and stress release program.

More Than 200 Exercises and Home Workouts for a Healthy, Toned Body

Daily Walking Logbook

Rockport's Fitness Walking for Women

Comprehensive Information and Advice about Medical and Life-style Issues Facing Women Today

Walking for Health and Fitness

The 30-minute Fitness Solution

Rockport's Fitness Walking for WomenFitness Walking for WomenPerigee Trade

Discusses the importance of walking for physical fitness, describes techniques of walking, and explains how to convert walking activities into an exercise program

A comprehensive guide to women's health and health issues covers women's physiology, aging, stress, domestic violence, heart disease, hormone therapy, infertility, occupational hazards, and other topics

Walking for Fitness, Pleasure and Health is designed to meet the needs of all women who want to know the basics of walking: how to start walking, how far to walk, what clothing and shoes are needed, how to walk with children. Useful information on everything from motivation, weight loss and nutrition to pedometers, coping with injuries and training for events is given in a simple and non-technical way. In the final chapter, the author offers a selection of famous walks worldwide. "A great book to get you started on the path to renewed vigour and health." - The Senior

Perfect Gift for Walking Journal for Women, Logbook for Health and Fitness|Walking Diary|A5

Exercise Physiology: Integrating Theory and Application

A Four-step Plan for Women of All Ages

Rockport's Fitness Walking

The Power of Walking : Naturally Losing Weight Keeps You Fit & Healthy

Marathon Woman

New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

THE POWER OF WALKING and LOSING WEIGHT will boost your metabolism and change you to having a positive lifestyle. Walking will improve your health both mentally and physically. WALKING MOVEMENT helps your heart to pump the blood naturally. As well, blood will flow naturally to the brain. If the heart does not get proper blood flow, it can lead to heart attacks or strokes. Without proper blood flowing to the brain, it can lead to fatality or serious illnesses. WALKING will also help you to LOSE WEIGHT or to maintain your weight. This book THE POWER OF WALKING helps you to learn about new technology for your WALKING PROGRAM and taking steps to improve your health and loss weight.

Designed for women at every fitness level, this illustrated guide provides day-to-day walking programs for weight loss, injury management, aerobic conditioning, muscle toning, and stress reduction

In 1967, Kathrine Switzer was the first woman to officially run what was then the all male Boston Marathon, infuriating one of the event's directors who attempted to violently eject her. In what would become an iconic sports image, Switzer escaped and finished the race. This was a watershed moment for the sport, as well as a significant event in women's history. Including updates from the 2008 Summer Olympics, the paperback edition of Marathon Woman details the life of an incredible, pioneering athlete, and the lasting effect she's had on women's sports. Switzer's energy and drive permeate the pages of this warm, witty memoir as she describes everything from the childhood events that inspired her to succeed to her big win in the 1974 New York City Marathon, and beyond.

An Internet-based Walking Program for Women

A complete guide for women of all ages

Running & Walking For Women Over 40

The Complete Book of Exercisewalking

CREATIVE WALKING FOR PHYSICAL FITNESS

Professional Weight Control for Women

Only a fifth of adults in the United States do enough physical activity to meet the guidelines set by Centers for Disease Control. The health benefits of regular physical activity are beyond dispute, yet less than 40% of physicians routinely counsel their patients on the importance of physical activity. *Increasing Physical Activity: A Practical Guide* equips healthcare practitioners to include physical activity counseling in the daily practice of medicine. Written by lifestyle medicine pioneer and cardiologist, Dr James Rippe, this book proves inactivity is a stronger risk factor than other lifestyle factors for cardiovascular disease, diabetes, and many other diseases. It provides evidence-based information on the role of physical activity in preventing and treating chronic conditions and includes practical strategies for healthcare practitioners to prescribe this powerful method to enhance both short and long-term health and quality of life. **Features:** Specific chapters explain the role of physical activity in reduction of risk of heart disease, diabetes, cancer, osteoarthritis, dementia and many other chronic conditions. Chapters begin with bulleted, key points and conclude with a list of clinical applications. Strategies are provided to encourage previously sedentary individuals to adopt regular physical activity. Physical activity is placed in the context of other lifestyle medicine concepts including maintenance of a healthy body weight, following sound nutritional practices, stress reduction and other practices which impact on health and quality of life. Written for healthcare practitioners at all levels, this is a user-friendly, evidence-based manual for healthcare practitioners looking to incorporate more physical activity counseling into either general medicine or subspecialty practices.

The primary objective of this project was to determine if a walking program based on social cognitive theory and delivered via the Internet could improve fitness levels in women. Fifty-three women were randomized to either an Educational Only condition or a Social Cognitive theory (SCT) condition. The SCT condition emphasized personalized mastery steps and goals to increase walking pace while the Education Only condition primarily provided general physical activity and walking information. The One-Mile Walk Test (Kline et al., 1987), an objective measure of fitness, was conducted to determine if women in the SCT condition had greater improvements in their fitness levels. The psychosocial measures of knowledge, depression, self-efficacy, outcome expectations, social support, and decisional balance pros and cons were administered to determine if changes were evidenced in these psychosocial measures pre to post treatment. Results indicated that both conditions had significant improvements in their fitness levels as measured by their walk test times and estimated VO₂max. The SCT condition improved their time on the walk test by 69 seconds at post-test with an increase in estimated VO₂max of 2.65 ml/kg/min whereas the Education Only condition improved their time on the walk test by 37 seconds with an increase in estimated VO₂max of 1.1 ml/kg/min. Both groups also evidenced change on the self-report measures of stage of change with the SCT condition advancing 1.25 stages and the Education Only condition advancing .76 stages. Total minutes walked per week in the SCT condition increased by 31 minutes to 94 minutes total per week and by 47 minutes to 82 minutes total per week in the Education Only condition. Few of the psychosocial measures evidenced change pre to post. Of note, however, was the significant decrease in self-efficacy seen in the Education Only condition. In summary, both programs were able to make improvements in participants' fitness levels and time spent walking per week. However, the SCT condition, with its guided mastery experiences, had greater fitness improvements that are likely to have a larger clinical health impact.

Fitness Walking

The Women's Fitness Book

New York Magazine

Walking

The Easiest Way to Get in Shape and Stay in Shape