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HOW TO BURN MORE CALORIES WALKING

SUPERSKINNYME.COM/WALKING



Walking. Countless numbers of doctors recommend it. Scores of studies extol its benefits. Walking is an incredibly effective exercise. It is also convenient & easily integrated into daily life. Here's how to up the ante & turn a regular walk into a **challenging workout** to burn a ton of calories, lose weight, tone up & get fit.

POSTURE
 SHOULDERS BACK & RELAXED, EYES LOOKING FORWARD & CHIN LEVEL.

WEIGHT
 WEAR A WEIGHTED VEST OR A BACKPACK. AVOID HAND & ANKLE WEIGHTS.

ARM SWING
 BEND ELBOWS AT 90° ANGLE & SWING ARMS FORWARDS & BACK.

GLUTE SQUEEZE
 SQUEEZE GLUTES TOGETHER AS YOU PUSH OFF WITH BACK FOOT TO SHAPE & FIRM BUTT.

HILLS
 HILLY TERRAIN TONES BUTT & BACK OF THIGHS, & GREATLY BOOSTS CALORIE BURNING.

HEART RATE
 GET HEART RATE UP TO BURN CALORIES: WALK AT A BRISK PACE - AS THOUGH LATE FOR AN APPOINTMENT.

WALKING POLES
 NORDIC WALKING POLES CAN INCREASE CALORIE BURNING BY ALMOST 50%

ABS
 PULL TUMMY MUSCLES IN TO TONE ABS & BURN MORE CALORIES.

LIFT KNEES
 ADD INTERVALS: KNEE LIFTS (BRING KNEES TOWARDS CHEST) OR SOLDIER KICKS (KEEP KNEES STRAIGHT).

LONG STRIDE
 INCREASE STRIDE LENGTH TO TARGET INNER & OUTER THIGH MUSCLES.

UNEVEN TERRAIN
 WALK ON TRAILS, GRASS, SAND, GRAVEL, SNOW OR MANEUVER AROUND ROCKS.

ADD SHORT INTERVALS:
 increase speed (walk faster or jog), walk hills, or climb stairs for several minutes to boost calorie burn.

TOE PUSH-OFF
 STRIKE THE GROUND WITH HEEL, ROLL FORWARD THROUGH ARCH OF FOOT & PUSH FROM TOES.

1-minute intervals walking backwards. Move slowly on an even surface, clear of traffic & obstacles. Super challenging!

1-minute intervals of sideways shuffle. Left & right sides. Unusual movement is very challenging & works muscles hard.

See superskinny.com/walking for the complete guide on how to burn more calories walking.