

' \$ 'A ]bi hYb '6ccghYX ': ]hbYgg 'K U`\_ 'p  
; Y\Yb 'G]Y 'ni ' <Ui gY

; Y\Yb 'G]Y '[ Ygi bX°'; Y\Yb 'G]Y 'ghUf\_°'; Y\Yb 'G]Y '[ `ØW\_]WX °;  
; 9<9B 'G=9 'GA 5F H° 'A ]h'X]YgYa " \$!a ]bØh][ Yb '6ccghYX  
: ]hbYgg 'K U`\_ 'ZØ\ `Yb 'G]Y 'g]WX 'Zc\_i gg]YfhYf'i bX '\UVYb 'a Y\ f  
9bYf[ ]Y° '6Y]a ': ]hbYgg 'K U`\_ 'k ]fX 'U``Yg '[ YgØbXYf° '8]Yg ']gh  
XYf 'K Y[ 'ni 'K 5@? ž k Ybb 'G]Y '9f[ YVb]ggY 'gY\ Yb 'i bX 'ZØ\ `Yb  
a ØWX hYb ° '@Ugg 'i bg 'U``Y '[ Y\Yb ° ° '@UXYb 'G]Y 'i bgYfY  
bYi YghYb 'K cf\_ci hg 'i bX 'Ni VY\ ØfhY]Y '\ Yfi b hYfž 'ghfYUa Yb  
cXYf '\_Ui ZYb 'G]Y 'g]Y ° '3 '5Vcbb]YfYb 'G]Y 'i bgYfY '6YghgY ``Yf!  
5dd 'Mci f '8U]m'K U`\_ 'i b hYf ' '6Ygi WX Yb 'G]Y 'i bgYfYb 'G\ cd  
VY] '5a Uncb. '3 '6Ygi WX Yb 'G]Y 'i bgYfY 'c ZØn]Y ``Y 'K YVg]hY. '3  
5Vcbb]YfYb 'G]Y 'i bgYfYb 'Mci Hi VY! ? UbU `` , VYf 'K U`\_ 'Uh  
<ca Y 'j cb '@Yg ]Y 'GUbgcbY 'f . '3 'K U`\_ 'Y 'Ua d\ AY ``]d /

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## 30 MIN BOOSTED FITNESS WALK

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; Y\Yb 'G]Y '[ Ygi bX°'; Y\Yb 'G]Y 'ghUf\_°'; Y\Yb 'G]Y '[ `ØW\_]WX °'; 9<9B  
G=9 'G=9 'GA 5F H° 'A ]h'X]YgYa " \$!a ]bØh][ Yb '6ccghYX ': ]hbYgg 'K U`\_  
ZØ\ `Yb 'G]Y 'g]WX 'Zc\_i gg]YfhYf'i bX '\UVYb 'a Y\ f '9bYf[ ]Y° '6Y]a  
: ]hbYgg 'K U`\_ 'k ]fX 'U``Yg '[ YgØbXYf° '8]Yg ']gh 'XYf 'K Y[ 'ni 'K 5@? ž  
k Ybb 'G]Y '9f[ YVb]ggY 'gY\ Yb 'i bX 'ZØ\ `Yb 'a ØWX hYb ° '@Ugg 'i bg 'U``Y  
[ Y\Yb ° ° '@UXYb 'G]Y 'i bgYfY 'bYi YghYb 'K cf\_ci hg 'i bX 'Ni VY\ ØfhY]Y

\Yfi b\hYf\z\ghf\YUa Yb\cXYf\\_\Ui \Z\Yb\G]Y\g]Y\3\5Vcbb]YfYb\G]Y  
i bgYfY\6YghgY\Yf\5dd\Mc\i f\8U]m\K U\\_\i b\hYf\6Ygi \W\Yb\G]Y  
i bgYfYb\G\cd\vy]5a\Uncb\3\6Ygi \W\Yb\G]Y i bgYfY\cZ\]n]Y\Y  
K\YVg]hY\3\5Vcbb]YfYb\G]Y i bgYfYb\Mc\i Hi\YV!?\UbU\, VYf\K U\\_\Uh  
<ca Y\j cb\@Yg]Y\GUbgcbY\f\3\K U\\_\Uh<ca Y\]gh\X]Y\k Y\hk Y]h  
Z\]fYbXY\A\Uf\Y\Z\]f\]hbYgg!K U\\_\b[\"K U\\_\Uh<ca Y\k i fXY\j cb  
@Yg]Y\GUbgcbY\Yb\hk\]W\Y\h\i bX\Y\Z\]h\gY\h\ØVYf\ \$.\U\YfYb  
A\@=CB9B\A\Ybg\W\Yb\z\Y]b\U\h\j\Yg\i bX\Y\Ygi\bXYg\@VYb\ni  
Z\]fYb\K U\\_\Uh<ca Y\]gh\Y]bY\XYf\Y\Y]ghj\Yf\Ui\Z\Yb  
: ]hbYgga\Uf\Yb\]a\A\Ugg\Yb\Y]b\Y\U\UbXY\z\XUfi\bhYf\K U\`a\Ufh\z  
H\Uf\Y\h\i bX\`E\J\7\8Yf\YVY]YVh\Y\Mc\i Hi\YV!?\UbU\j cb\K U\\_\Uh<ca Y  
\Uh\ØVYf\%A\]cb\5Vcbb\Yb\hYb\i bX\k\]fX\U\g\Y]bYf\XYf\HCD  
: \HB9GG\7\<5BB9@G\Ui\Z\Mc\i Hi\YV\Y]b\Yghi\Z\h\8\Y\`a\Y]ghj\Yf\Ui\Z\Y  
5dd\j cb\K U\\_\Uh<ca Y\z\Mc\i f\8U]m\K U\\_\z\Y]h\Yh\YXYb\A\cb\U\Yb\Y]b  
b\Yi\Yg\HfU]b\]b\Y\h\YfY\`b\Z\]cb\Yb\Z\]b\XYb\G]Y\i\h\Yf\3\c\`[Yb  
G]Y\K U\\_\Uh<ca Y\j cb\@Yg]Y\GUbgcbYf\3\`b\ghU\`f\Ua\.  
4\K U\\_\h<ca Y\3\`U\W\Ycc\\_\`4\@Yg]Y\GUbgcbY\3\`Hk\]h\Yf.  
4\K U\\_\h<ca Y\3\`Mc\i Hi\YV\`4\K U\\_\h<ca Y\`V\m\@Yg]Y\GUbgcbY\K U\\_\Uh<ca Y\j cb\@Yg]Y\GUbgcbYf\]gh\Y]b\Mc\i Hi\YV!?\UbU\Z\]f  
K\cf\_ci\hg\`ni\`<\Ui\g\Y\i bX\`:]hbYgg\ØVi\`b\Yb\`A\U\W\Yb\G]Y\`a\]h\YVY]XYf  
K\U\\_\Uh<ca Y\!7fYk\YVY]A\]Y\!K\U\\_\!K\cf\_ci\hg\`K\cf\_ci\hg\`ni\`f  
: Y\h\j\YfVfYbbi\`b\z\HfU]b\]b\gd\`A\Yb\i bX\j\]Y\`Y\`a\Y\`f\`K\]f\`YVYb  
Y\`Ui\W\z\]XYcg\ØVYf\?f\U\Z\h\YfU]b\]b\z\7UfX]c\,Vi\`b\Yb\z\g\W\Yb\Y\`Yg  
i bX\Y]b\Z\U\W\Yg\HfU]b\]b\z\ghf\U\Z\Yb\XY\`F\ci\h\]b\Yb\i bX\`a\Y\`f\`ni  
j\Yf\Ø\Z\Yb\h\]W\Yb\`Gh\Y\`Yb\G]Y\g\W\Yf\z\XUgg\G]Y\Ui\Z\X]Y\G\W\U\h\Z\`A\W\Y  
5Vcbb]YfYb\`\_\]W\Yb\i bX\XUg\`c\W\Ybgma\`Vc\`3\U\h\j\]YfYb\z\i a  
6\Yb\U\W\Yf\W\Yh\`[i\`b\Yb\`ni\`b\Yi\Yb\HfU]b\]b\gj\]XYcg\`ni\`Yf\U\h\Yb\`GU\`  
Ui\W\`b\XYb\`?ca\`a\Yb\h\UfYb\`<\U\`c\`;\`Ø\W\`]W\Yg\`Y\`Yb\`  
.k\U\\_\Uh\`ca\Y\`Z\]hbYgg\`k\cf\_ci\hg\`

5\i\Z\`Mc\i\hi\YV\`Ub\g\Y\`Yb

6Ygi WX Yb 'G]Y 'i bg 'Ui Z. 'a Y]b!Z]hb Ygg"bYh