

FREE GUIDE • MOVEMENT + WEIGHT LOSS

Beginner Walking Guide

For Women 40+ Who Are Ready to Move Their Bodies and Change Their Lives

"You are not just walking. You are rebuilding your life, one step at a time."

Jax Stys | The Midlife GlowGetter

How to Start

- Begin with 10-15 minutes a day and increase gradually
- Aim for consistency over perfection: show up daily
- Choose a time that works for you: mornings for energy, evenings to de-stress, or after meals for blood sugar balance

What to Wear

- Supportive walking shoes (Brooks, Asics, New Balance)
- Comfortable, breathable clothing
- Layers if walking outdoors in cool weather
- Optional: baseball cap, sunglasses, sunscreen

How to Make It Fun

- Listen to music, audiobooks, or inspiring podcasts
- Invite a friend or family member along
- Practice gratitude or walking affirmations while you move
- Explore new neighborhoods or nature paths

Zone 2 Walking: The Fat-Burning Zone

- Zone 2 = fat-burning, low-intensity cardio
- You are in Zone 2 if you can talk but not sing
- Use a smartwatch to track your heart rate
- Zone 2 = 60-70% of your max heart rate
- Estimate: $220 - \text{your age} = \text{max HR}$, then multiply by 0.6-0.7

How to Track Steps

- Use Apple Health, Google Fit, Fitbit, or any pedometer app
- Track your progress daily and aim to increase gradually
- Start with a goal of 7,500-10,000 steps per day
- Increase steps by about 500 every time you lose 10 lbs

Extra Tips

- Walk after meals for blood sugar control
- Stretch after walking to support joint health
- Keep water with you: hydration is key
- Use walking as a moving meditation and a daily commitment to you

How Many Steps to Lose Weight?

- 1 lb of fat = ~3,500 calories
- Walking 10,000 steps burns 300-500 calories (varies by weight and speed)
- Start with a goal of 7,500-10,000 steps per day
- Increase by ~500 steps every time you lose 10 lbs

Let's go, GlowGetter. Follow @JaxStys for more midlife movement tips and daily inspiration.