

Walking Tips

Pedometer Walking

Tracking your walking steps with a pedometer has been shown by research studies to be an excellent motivator for fitness. Find out how to choose and use the best pedometer.

- [Before You Buy a Pedometer](#)
- [Top Picks for Pedometers](#)
- [How to Set Your Pedometer](#)
- [Step Counters Pedometer Walking Program](#)
- [Should You Walk 10,000 Steps per Day?](#)
- [How Many Steps per Day are enough?](#)
- [How Many Steps per Day for Children?](#)
- [Walk 2000 More Steps per Day for Weight Management](#)
- [10 Things I Hate About My Pedometer](#)
- [Pedometer Step Equivalents for Other Activities](#)

How to Walk - Absolute Beginner Walking Technique

This section will get you putting one foot in front of the other. Walking technique for the street, track, or treadmill is the same. You want to walk with good posture, using arm and foot motion that will propel you forward with good power and no wasted effort.

- [Posture](#)
- [Arms](#)
- [Taking a Step](#)
- [Your Stride](#)
- [Warm-up](#)
- [Stretching](#)

How to Walk for Weight Control

How far, fast, and long to burn fat

To lose weight and to keep it off, you need to get moving.

Walking Off Weight: Walking at a moderate pace for 30-60 minutes burns stored fat and can build muscle to speed up your metabolism. Walking an hour a day is also associated with cutting your risk of heart disease, breast cancer, colon cancer, diabetes and stroke. Isn't it time to work 1-hour walks into your busy lifestyle?

This tutorial will describe how walking burns calories and fat, what speed is appropriate, how long and how often to walk, and methods to track your activity.

- [Burning Calories Walking](#)
- [Burning More Calories and Fat](#)
- [Watching Calories](#)
- [How Fast to Walk for Weight Loss](#)
- [How Long to Walk for Weight Loss](#)
- [Weight Loss Walking Schedule](#)
- [Stretching](#)
- [Keeping Track](#)

Calculators

- [Body Fat Calculator](#)
- [Body Mass Index Calculator](#)
- [Daily Calories Calculator](#)
- [Ideal Weight Calculator](#)
- [Calorie Calculator by Distance](#)
- [Calorie and Distance Calculator by Walking Minutes](#)
- [Pedometer Steps Calorie and Distance Calculator](#)

