



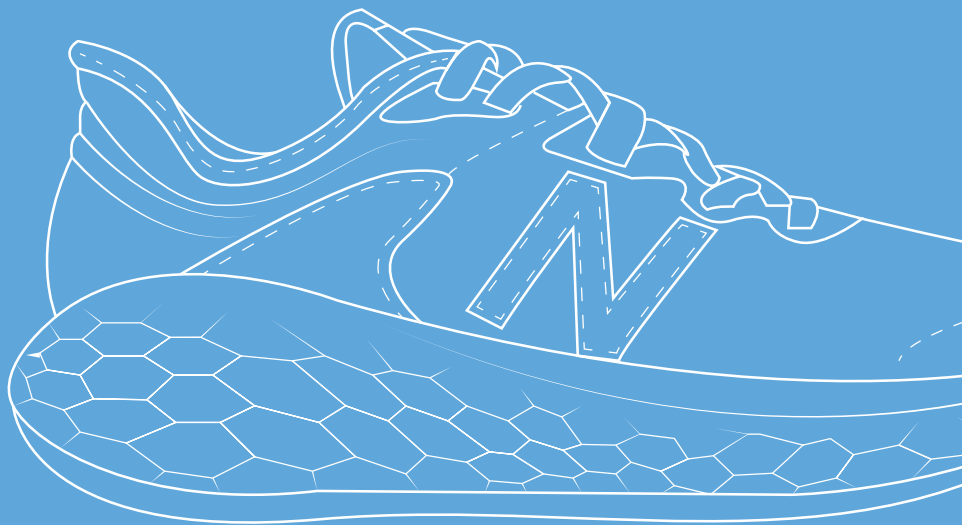
runnersneed
the running specialists

GET WALKING

GUIDE

WALKING
GUIDE

GET
WALKING
GUIDE



CUE THE CONFETTI!

Just by opening this guide, you've taken the first steps to a healthier lifestyle. **The benefits of walking are huge—from weight loss to a healthier heart.** Whether you're kicking off a workout routine for the first time or regularly clock 10,000 steps a day, this guide will help you squeeze more out of your walks: **You'll go further, faster, and have more fun.**

So what are you waiting for?
Walk this way! —————>

Talk to your doctor before starting any exercise programme.

TAKE THE FIRST STEPS

Not sure where to start on your walking journey? Good news: You're in the right place. Read on for the stay-on-track tips and answers to your top walking questions.

Create a walking goal

You've made a goal to walk more, but now you may be wondering how to stick with it. The **STAR technique** can help. That's because setting doable, specific goals increases the likelihood of being successful.



Specific

Start by being really clear on what you want to do—the more details, the better! Want to go for a walk three times a week? Plan which days you'll do it, where you'll go, and who might join you.



Truly doable

It's important to be realistic about what you can actually accomplish. If you know weekends are a little bit nuts for you, carve out time during the week. Does 30 minutes seem unachievable? Start with five.



Active

It's much easier to focus on doing something, rather than stopping something—think “I want to walk” versus “I want to stop skipping my workouts.” This helps you picture what you're trying to achieve.



Relevant

Goals should be about what you want to do, not what you think you should do. Does walking move you toward something larger that you truly want to achieve? If so, that will make it extra meaningful—and powerful.

Specific

Active

Truly doable

Relevant

“On Monday, Wednesday, and Friday after lunch, I'll take a 30-minute walk to prioritise my health.”

Create your **STAR** walking goal!

Perfect your posture

You already know the basics, but tweaking your form can help power your strides, allowing you to go faster and further.

Keep your shoulders relaxed — not up by your ears.

Stand tall and keep your back straight.

Keep your stomach muscles gently tightened.

Keep your head up so that you look forward, rather than at the ground.

Let your arms swing freely, keeping a slight bend in the elbows.

Have walking questions?
WW has answers!

Q. Is walking bad for your joints?

A. Simply put, no. In fact, walking can help keep your joints and bones healthy. Key to preventing injury is focusing on good posture and making sure you have supportive shoes that fit properly (skip to pages 14 and 15 for our super comfy picks). Of course, if you experience any joint pain while walking talk to your doctor.

Q. Do I need to walk 10,000 steps a day?

A. A total of 10,000 is often touted as the magic number of steps, but that doesn't need to be your goal. Instead, focus on working toward increasing your current step count. Let's say you're currently logging 2,000 steps a day. Aim to get to 2,500, and then build up from there. Reminder: Every bit of activity counts!

Q. Should I track my steps?

A. It's a smart idea. People who track their steps have been shown to significantly increase time spent walking when starting an activity programme. Just like the benefits of tracking food, tracking steps increases awareness around how much you're moving now and how much you'd like to move in the future, which is proven to be beneficial on a weight-loss and wellness journey. Use your phone, an activity tracker, or a pedometer to keep track. And remember: WW members earn Wins for tracking that activity!

Did you know? 2,000 steps = roughly one mile

Boredom-proof your walks

You're likely going to trek the same path a few times. Maintain your interest with these tips.

Add fresh moves

No need to map out a new route to break your rut. Instead, try adding higher-intensity moves for variety. For example, try power walking as quickly as you can for 30 seconds, then drop back to your regular pace for a minute. Repeat for the duration of your walk.

Think chapters instead of steps

If measuring strolls in miles or minutes feels like drudgery, you may have more fun marking the distance with help from audiobooks or podcasts. Instead of, say, vowing to trek one mile, commit to a walk that takes as long as one chapter or try strolling during a 30-minute episode of your favorite podcast.

Play photographer

Snapping pictures along your walk can be a fun way to spark your creativity and see your surroundings with fresh eyes. Try assigning yourself a theme; you could, for example, try photographing as many types of flowers as you can find, pointing your lens at different species of birds, or heading out during the golden hour to capture that amazing light.

Your body on walking

Five amazing benefits that kick in when you stroll regularly

1

Healthier heart

Researchers found that walking reduced the risk of cardiovascular events (such as heart attacks) by 31%.

2

Mood boost

When you get moving, feel-good endorphins are released. The activity can also help you better deal with stress.

3

Stronger muscles & bones

Walking can help to prevent osteoporosis—no weightlifting required!

4

Better balance

Psst! It's a great idea to work on improving balance at any age. Walking counts!

5

Weight loss

Yes, walking can be a great tool on your weight-loss journey. Learn more on pages 28 to 29.

SHOE GUIDE



runnersneed
the running specialists

SHOE GUIDE

The right pair of trainers can make your walks more enjoyable (who has time for blisters?) and protect you from potential injuries. Use this guide to find the perfect pair of walking shoes for you.

STEP 1

Find your feet

Let's be honest, with so many options to choose from finding the right trainer can seem a little daunting at first. It doesn't have to be, just ask yourself three simple questions.

1. How far am I walking?

Just starting out on your walking programme? Flexible trainers are your friend. Looking to smash your 5k personal best? Cushioned shoes are a better fit for longer distances.

2. What's the right fit for me?

Some of us have wide feet. Some of us have tiny toes. The secret to finding a trainer that's fit for purpose is picking one that matches your personal walking style and provides the specific flexibility, durability and support you need. Need a little extra footwear know-how? The experts at runnersneed.com have all the answers.

3. Do I know what my gait is?

Gait is just a fancy word for the way you walk. Having it analysed will let you know exactly where your foot hits the ground, which in turn will help you pick out the perfect trainer. Hot foot it to your nearest Runners Need store and their experts will analyse your style completely free using the latest video technology.

Did you know **up to 72% of people** wear the wrong shoes for exercising?

STEP 2

Go sole searching

Once you've found your correct fit, it's time to find a pair of trainers you'll love. To make the process easier, the experts at Runners Need have narrowed down their range to highlight the best walking-ready trainers for WW members. Decisions, decisions.

/ WOMENS



Ghost 13 by Brooks

Packed with super soft DNA LOFT from the heel all the way to the forefront, you may just forget you're wearing trainers at all.



Cloudswift by On

Featuring an active Helion™ superfoam that never tires, these trainers feel more and more alive the longer you walk.



Wave Sky Neo by Mizuno

Love walking on air? Then you'll love these super comfy trainers which feature a cutting-edge Enerzy Core for extra bounce.



Clifton 7 by HOKA

Maximum comfort, minimum fuss. This lightweight trainer features a super soft midsole and outsole plus a handy pull tab on the heel.



GT-2000™ 9 by Asics

Kind on your feet, kind to the planet. This lightweight, cushioned trainer includes recycled materials plus FLYTEFOAM™ and GEL™ technology.

/ MENS



Air Zoom Pegasus 37 by Nike

Planning to get some serious steps in? The durable Nike React foam midsole cushions impact while the midfoot band keeps you secure and comfy.



1080 v11 by New Balance

Luxurious comfort over long walks. You got it. Fresh Foam combined with a selectively stretchy knit upper provides miles and miles of added support.



Cloudswift by On

Born for walkers who like to keep their footwear light and swift, but also want superior cushioning and road protection on the move.



Glycerin 13 by Brooks

Looking for next-level cushioning? Brooks has your back. DNA LOFT delivers ultimate softness and comfort underfoot, allowing you to focus on your walk.



Ultraboost 21 by Adidas

Made with 90% recycled Primeblue, these stylish and eco-friendly trainers feature Responsive Boost cushioning which returns energy to your stride.

STEP 3

Avoid a long goodbye

The way you walk affects the lifespan of your trainers. Weight, gait and foot strike all have a part to play, which is why it's important to know when to bid farewell to your footwear. Plus the more they wear down, the greater the impact on your joints. And no one wants that. Of course, how often you'll need to replace them comes down to personal use and the surface you're walking on. After all, tarmac's tougher on the sole than grass.

The experts at Runners Need recommend investing in a new pair of trainers every **300-500 miles**. That's roughly once a year if you clock in around 10 miles a week (that's about 20,000 steps). Just remember, if you're walking longer distances you'll want to invest in a new pair sooner.

Still unsure when to switch? Pop to your nearest Runners Need store for free advice.



REACH YOUR
REACH YOUR FITNESS GOAL
YOUR **FITNESS GOAL**
FITNESS GOAL

Pick a walking plan that's right for you,
pair it with our get-stronger routine, and
get ready to see (and feel!) results.

YOUR GOAL

Get started

If you're starting from zero, this is the programme for you. Designed to get you in a routine of walking, your goals are time-based, realistic, and attainable. No distances to hit; it's just you and your timer, clicking off the minutes.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	Strength training (see pages 26 to 27)	Walk for 10 minutes	Walk for 10 minutes	Rest day	Walk for 10 minutes	Strength training	Walk for 10 minutes
WEEK 2	Strength training	Walk for 10 minutes	Walk for 15 minutes	Rest day	Walk for 10 minutes	Strength training	Walk for 15 minutes
WEEK 3	Strength training	Walk for 10 minutes	Walk for 20 minutes	Rest day	Walk for 10 minutes	Strength training	Walk for 20 minutes
WEEK 4	Strength training	Walk for 15 minutes	Walk for 20 minutes	Rest day	Walk for 15 minutes	Strength training	Walk for 20 minutes
WEEK 5	Strength training	Walk for 15 minutes	Walk for 20 minutes	Walk for 10 minutes	Walk for 15 minutes	Strength training	Walk for 20 minutes
WEEK 6	Strength training	Walk for 15 minutes	Walk for 20 minutes	Walk for 15 minutes	Walk for 15 minutes	Strength training	Walk for 20 minutes
WEEK 7	Strength training	Walk for 15 minutes	Walk for 20 minutes	Walk for 20 minutes	Walk for 15 minutes	Strength training	Walk for 20 minutes
WEEK 8	Strength training	Walk for 15 minutes	Walk for 20 minutes	Walk for 20 minutes	Walk for 20 minutes	Strength training	Walk for 20 minutes

YOUR GOAL

Walk further

Recording actual distances can be motivating as well as provide a strong sense of accomplishment. The focus of this programme is expanding the distance you walk while staying healthy and injury-free.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	Strength training (see pages 26 to 27)	Walk for 1 mile at an easy pace	Rest day	Walk for 10 minutes	Walk for 1.5 miles	Strength training	Walk for 2 miles
WEEK 2	Strength training	Walk for 1 mile at an easy pace	Rest day	Walk for 10 minutes	Walk for 1.5 miles	Strength training	Walk for 2 miles
WEEK 3	Strength training	Walk for 1 mile at an easy pace	Rest day	Walk for 10 minutes	Walk for 1.5 miles	Strength training	Walk for 2.5 miles
WEEK 4	Strength training	Walk for 1 mile at an easy pace	Rest day	Walk for 10 minutes	Walk for 2 miles	Strength training	Walk for 2.5 miles
WEEK 5	Strength training	Walk for 1 mile at an easy pace	Rest day	Walk for 15 minutes	Walk for 2 miles	Strength training	Walk for 3 miles
WEEK 6	Strength training	Walk for 1 mile at an easy pace	Rest day	Walk for 15 minutes	Walk for 2.5 miles	Strength training	Walk for 3.5 miles
WEEK 7	Strength training	Walk for 1 mile at an easy pace	Rest day	Walk for 15 minutes	Walk for 2.5 miles	Strength training	Walk for 4 miles
WEEK 8	Strength training	Walk for 1 mile at an easy pace	Rest day	Walk for 15 minutes	Walk for 3 miles	Strength training	Walk for 4 miles

YOUR GOAL

Walk faster

If you’ve been active for at least two months and feel ready to take your walking to the next level, you can jump in here.

SPEED-WORKOUT HOW-TO

Start and finish each workout with 5 minutes of walking at a comfortable pace. For the intervals, alternate between equal time walking at a fast pace and at a slow pace.

For example, with a 5-minute interval, walk as quickly as possible for 30 seconds, then slow down to a pace so you can recover for 30 seconds. Repeat for 5 minutes.

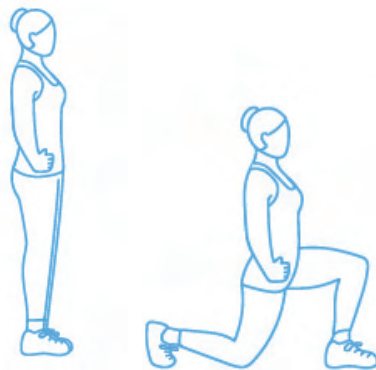
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	Strength training (see pages 26 to 27)	Walk for 20 minutes at a steady pace	Speed workout with 5-minute intervals	Rest day	Walk for 15 minutes at a steady pace	Strength training	Speed workout with 10-minute intervals
WEEK 2	Strength training	Walk for 20 minutes at a steady pace	Speed workout with 5-minute intervals	Rest day	Walk for 15 minutes at a steady pace	Strength training	Speed workout with 10-minute intervals
WEEK 3	Strength training	Walk for 20 minutes at a steady pace	Speed workout with 10-minute intervals	Rest day	Walk for 15 minutes at a steady pace	Strength training	Speed workout with 15-minute intervals
WEEK 4	Strength training	Walk for 25 minutes at a steady pace	Speed workout with 10-minute intervals	Rest day	Walk for 20 minutes at a steady pace	Strength training	Speed workout with 15-minute intervals
WEEK 5	Strength training	Walk for 25 minutes at a steady pace	Speed workout with 10-minute intervals	Walk for 15 minutes at a brisk pace	Walk for 20 minutes at a steady pace	Strength training	Speed workout with 15-minute intervals
WEEK 6	Strength training	Walk for 25 minutes at a steady pace	Speed workout with 15-minute intervals	Walk for 15 minutes at a brisk pace	Walk for 20 minutes at a steady pace	Strength training	Speed workout with 20-minute intervals
WEEK 7	Strength training	Walk for 25 minutes at a steady pace	Speed workout with 15-minute intervals	Walk for 15 minutes at a brisk pace	Walk 25 minutes at a steady pace	Strength training	Speed workout with 20-minute intervals
WEEK 8	Strength training	Walk for 25 minutes at a steady pace	Speed workout with 15-minute intervals	Walk for 15 minutes at a brisk pace	Walk for 25 minutes at a steady pace	Strength training	Speed workout with 20-minute intervals

Become a stronger walker

Consider strength training your secret weapon for amping up your walking programme. When you strengthen the muscles that propel and support your body when you walk, you can go further and move faster with less effort. The body-weight exercises on these pages require no special equipment and strengthen every walking muscle to help power your stride.

WHAT TO DO

Run through this routine twice a week.

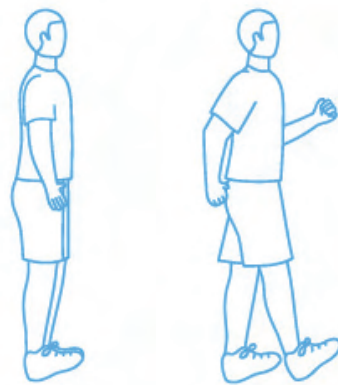


Walking lunge

Stand with feet hip-width apart and hands on your hips.

Take a big step forward with your right foot and bend both knees until your right thigh is nearly parallel to the floor.

Stand up and immediately take a big step forward with your left foot and bend both knees until your left thigh is nearly parallel to the floor. Stand up to complete one rep. Do 10 reps.

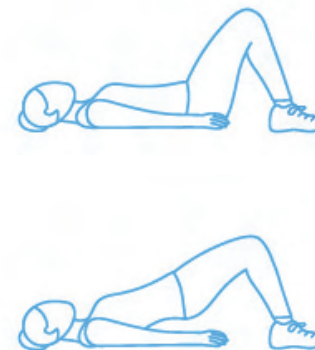


Heel walk

Stand with feet hip-width apart and arms extended at your sides.

Flex your feet, pointing your toes toward the ceiling and balancing your weight in your heels.

Step forward with your right heel, then with your left. Continue, walking around on your heels, for 50 steps total (25 on each foot).

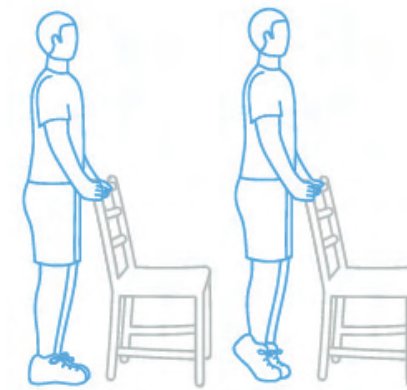


Bridge

Lie faceup on the floor (or a mat) with knees bent and feet shoulder-width apart. Extend your arms at your sides with your palms on the floor.

Push through your heels to lift your hips until your body is in a straight line from your shoulders to your knees.

Hold for one count, then lower your hips to the starting position to complete one rep. Do 10 to 15 reps.

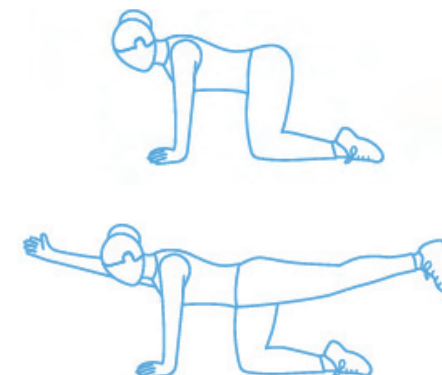


Calf raise

Stand with feet hip-width apart and hands on hips. (Or hold onto the back of a chair for support.)

Slowly lift your heels, rising up onto the balls of your feet.

Slowly lower your heels to the floor to complete one rep. Do 20 reps.



Bird dog

Get on all fours on the floor with your wrists aligned under your shoulders and your knees positioned slightly wider apart than your hips.

Extend your right arm straight out in front of you as you extend your left leg straight behind you. Hold for one count, then return to the starting position.

Repeat on the opposite side, extending your left arm and your right leg, to complete one rep. Do 10 reps.

Walking her way to success

More than 10 years in, **Sara H., a WW Coach and member,** is staying on track.

“

Like many mums, I had trouble finding time to care for myself. My daughters were my main priority, and dessert became my reward for getting through those busy days of parenting. It was only when my kids hit their teens that life calmed down a little, and I was able to think about making some healthy changes for myself. When I ran into a friend at the grocery store who told me she had recently joined WW and was having success with it, I decided to sign up.

I joined WW in January 2011, and by my second week, I knew I wanted to incorporate more movement into my days. I decided to try indoor walking workouts and started with a 15-minute walking video. From there, I added a few minutes each session.

By the end of March, I was 10 pounds down and feeling more confident. The weather was finally warming up, and the girls' spring sports season got underway. During their practice sessions, I walked laps around the perimeter of the field instead of sitting on the sidelines with the other parents. Some of the mums eventually joined me. It was fun—I started a trend!

A big difference is that I no longer use sweets to soothe my emotions. If I'm having a stressful day, I'll go for a walk or a short jog. Or I'll pop in one of my workout videos and clear my head that way.



Walking for weight loss

If losing weight is your goal, you may be wondering if walking can help get you there. All activity can help boost weight loss, and walking is no exception. Research shows that it's linked to decreased weight, BMI, and waist circumference. For added weight-loss benefits, you can increase the speed and distance that you walk. And remember: Sticking to your SmartPoints® Budget will also help keep you on track for your weight-loss goals.

Changing your diet and increasing physical activity lead to **20% more weight loss** than changing eating habits alone.

FUEL UP!
FUEL UP!
FUEL UP!
FUEL UP!

Set yourself up for success by taking “Make breakfast” off your to-do list. It’s one less thing to do before your a.m. walk! These delicious meals and batch breakfasts (cook once, eat all week) streamline your mornings and give you the energy you need to hit the pavement—deliciously brilliant!

Banana bread overnight oats

Serves 10 / Prep 10 min / Cook 3-7 hr

7 7 4

1.8l skimmed milk
320g porridge oats
4 large ripe bananas, mashed
3 tbsp light brown soft sugar
1 tbsp ground cinnamon
1 tsp vanilla extract
1 tsp salt
¼ tsp ground nutmeg

1. Put all the ingredients in a large (6-litre) slow cooker and stir until well combined. Cover and cook for 3-4 hours on high or 6-7 hours on low, until the oats are tender.

2. Divide between bowls and serve warm.

3. Leftover oats can be cooled and refrigerated for several days. Gently reheat in a microwave, or on the hob adding in a little water to loosen the porridge.



Mushroom Florentine omelette

Serves 1 / Prep 15 min / Cook 15 min

7 3 3

Calorie controlled cooking spray
½ small onion, finely sliced
1 garlic clove, crushed
75g button mushrooms, quartered
75g chestnut mushrooms, quartered
1 portobello mushroom, thickly sliced
50g young leaf spinach
2 eggs
50ml skimmed milk
1 tsp chopped fresh flat-leaf parsley, plus extra leaves to serve
20g ricotta
1 tsp grated vegetarian Italian-style hard cheese to serve

1. Mist a large nonstick frying pan with cooking spray and set over a medium-high heat. Add the onion and cook, stirring, for 6-8 minutes or until softened. Add the garlic and all of the mushrooms and cook, stirring, for 5 minutes until the mushrooms are golden. Add the spinach and cook for 1 minute until wilted. Remove the pan

from the heat, season to taste and set aside.

2. Whisk together the eggs, milk and chopped parsley in a large jug until combined, then season to taste. Lightly mist a small nonstick frying pan with cooking spray and set over a medium-high heat. Pour the egg mixture into the pan and cook for 30 seconds or until the base is set. Using a spatula, draw

the edges of the omelette into the centre to allow the uncooked egg mixture to run underneath. Cook for a further 2-3 minutes or until almost set.

3. Spoon the mushroom mixture over half the omelette, then dot over the ricotta. Fold the omelette over to enclose the filling.

4. Slide the omelette onto a plate and serve topped with the extra parsley leaves and the grated cheese.



Mexican-style black beans & eggs

Serves 4 / Prep 10 min / Cook 15 min

6 1 1

- 2 tsp olive oil
- 1 onion, finely diced
- 1 jalapeño, seeded and finely diced
- 2x 400g tin black beans, drained and rinsed
- 4 tsp lime juice
- 1 garlic clove, minced
- ½ tsp ground cumin
- 4 large eggs
- 300g cherry tomatoes, chopped
- 3 spring onions, finely sliced
- 40g WW reduced fat grated cheese
- 15g fresh coriander, roughly chopped
- Lime wedges to serve

1. Heat 1½ tsp oil in a large frying pan over a medium-high heat. Add the onion and the jalapeño and cook for 7–10 minutes, stirring often, until softened. Add the black beans, lime juice, garlic, ground cumin and 60ml of water. Stir together, heat through and season.

2. Take the pan off the heat and lightly mash the beans, then cover and keep warm. Brush a large nonstick frying pan with the remaining ½ tsp oil and place over a medium heat.

3. Crack 4 large eggs into the pan and cook until the whites are set. Divide the bean mixture among 4 plates and top each with a fried egg. Sprinkle with the cherry tomatoes, spring onions, cheese and fresh coriander. Serve with lime wedges.



Peanut butter, banana & chocolate chip breakfast cookies

Serves 16 / Prep 10 min / Cook 20 min

2 2 1

- 3 ripe bananas
- 120g porridge oats
- 30g peanut butter powder
- Pinch of salt
- 75g chocolate chips

1. Preheat the oven to 180°C, fan 160°C, gas mark 4, and line a large baking tray with baking paper.

2. In a medium bowl, mash the bananas with a fork. Stir in the oats, peanut butter powder and salt, then fold in the chocolate chips. Scoop 16 rounded tablespoons of cookie dough onto the prepared baking tray and flatten slightly.

3. Bake for 20 minutes. Cool for 5 minutes on the tray and serve warm.



Veggie egg cups

Serves 12 / Prep 15 min / Cook 35 min

3 1 1

Calorie controlled cooking spray

180g cherry tomatoes, chopped

60g feta cheese

1 tsp fresh dill, chopped

5 eggs

2 tsp skimmed milk

1. Preheat the oven to 180°C, fan 160°C, gas mark 5. Mist a 6-hole nonstick muffin tin with cooking spray. Divide the tomatoes among the muffin holes, then evenly sprinkle the feta and dill over the tomatoes.

2. In a medium bowl, whisk together the eggs and milk. Season with salt and pepper, then pour the mixture into the muffin holes. Bake for 20 minutes, or until set. Run a thin knife or spatula around the edge of each egg cup and gently remove from the tin.



Chocolate, peanut butter & banana overnight oats

Serves 1 / Prep 10 min / + chilling time

6 6 3

1 banana, plus extra to serve

30g porridge oats

120ml unsweetened almond milk

2 tsp chocolate peanut butter powder

1. Mash half of the banana in a bowl, chop the remaining half and add to the bowl with the remaining ingredients and a pinch of salt.

2. Stir, cover and refrigerate overnight. When ready to serve, remove from fridge, stir and serve topped with extra sliced banana and fresh fruit (optional).



ING

Y?

FEELING SNACKY?

If you need something to nibble on after your walk, then check out these recipes with healthier ingredient swaps.

SNACK

FEELING

Say hello to H₂O

When starting out on any exercise journey, staying well hydrated is essential. In fact, water is your new best friend. It'll keep your body performing properly, boost your energy levels and help keep you on track with your walking programme. This is especially important during the hotter summer months, as we lose most of our water through sweat. So always keep a bottle close at hand. And don't forget, it's perfectly normal for your walking pace to slow in hot weather even if you're well hydrated, as your internal body temperature will be running higher.

A little food for thought

A pre-exercise snack of about 100-200 calories will help give you the energy you need to build up your step count. Try and eat about an hour or two before you head out if you can. Going for a sunrise stroll? Eat some fruit beforehand then tuck into breakfast when you get back.

**Rucksack friendly
snacks:**



Fruit



All-natural
energy bar

Chocolate & peanut butter energy balls

Makes 36 / Prep 20 min

1 1 1

180g chickpeas, drained and rinsed

5g low fat soft cheese

75g peanut butter

70g light brown sugar

½ tsp vanilla extract

2 tbsp plain white flour

15g icing sugar

2 tbsp cocoa powder

1. Combine the chickpeas, soft cheese, peanut butter, brown sugar, vanilla extract and a pinch of salt in a food processor and blend until completely smooth. Add the flour and pulse briefly until just combined. Refrigerate for an hour or until the mixture is chilled.

2. Using a melon baller, scoop the mixture into 36 small balls and gently place in a large bowl.

3. In a small bowl, sift together the icing sugar and cocoa powder. Gently toss the bites in 2 tablespoons of the

mixed icing sugar and cocoa powder, reserving the rest.

4. Arrange the coated bites on a plate and keep chilled until ready to serve. Dust with the remaining icing sugar and cocoa powder just before serving.



Sweet potato toast with banana, honey & pecans

Serves 2 / Prep 7 min / Cook 10 min

5 5 3

150g sweet potato, cut into 2 x 1cm thick slices

Calorie controlled cooking spray

2 tsp honey

1 small banana, sliced

4 tsp chopped pecans

Pinch of ground cinnamon

1. Mist the sweet potato slices with cooking spray.

2. In a toaster, toast the slices on the highest setting 2-3 times, until potatoes are lightly browned and tender.

3. Drizzle each slice with 1 tsp honey, top with the banana and chopped pecans. Sprinkle with cinnamon, to serve.



Rosemary swede chips

Serves 4 / Prep 10 min / Cook 45 min



550g swede, cut into chips

Calorie controlled cooking spray

1 garlic clove, crushed

Fresh rosemary spriggs

1. Preheat the oven to 220°C, fan 200°C, gas mark 7. Arrange the swede chips on a baking tray mist all over with cooking spray.

2. Season well and roast for 45 minutes, turning every now and then, until tender and lightly caramelised. Scatter over the garlic and the rosemary, then season and toss to combine.



Pea guacamole with tortilla chips

Serves 1 / Prep 10 min



¼ medium avocado

40g frozen peas, thawed

2 tsp fresh lime juice

½ small red onion, chopped

1 tbsp fresh coriander, chopped

A pinch of salt

5 cherry tomatoes, quartered

7 tortilla chips

1. Blitz the avocado, peas and lime juice in a mini food processor or blender until smooth, then scrape into a small bowl. Stir in the onion, coriander and salt. Garnish with the chopped tomatoes and serve the dip with tortilla chips.



A few ways to get in more steps

Let's start with one you already know: **Park further away.** Already doing that? Here are more ways to add extra steps to your day.

1

Take a family walk after dinner

Strolling around the block or down your street is a great chance to reconnect and have meaningful conversations with those you love.

2

Turn on a tune

Dance it out in your bedroom, the kitchen, garden—wherever! A three-minute song can help you add roughly 300 steps to your daily tally—not bad!

3

Walk and talk

Challenge yourself to chat on the phone only while you're up and walking about. Could you also take your conference calls and Zoom meetings while walking?

4

Keep sipping

Drinking more water throughout the day keeps you moving each time you need to refill your glass. Plus, you'll also have to take more trips to the bathroom.

5

Press play

Break up a long day of work, parenting, or just straight adulting with a quick five-minute FitOn video in the WW app.

Join the Walking Connect group in the WW app and meet other WW members who love getting their steps in.

REMINDER!

Download or print this walking guide and keep it for inspiration!



WW.com

The WW Weight Loss System and these materials are proprietary to WW International, Inc., and are licensed to WW members solely for their personal use in losing and controlling their weight. Any other use is strictly prohibited.

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