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GET  
WALKING

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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 farther, faster, and have more fun.**

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

Before you start any exercise program, consult with your physician first.

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**

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

**Truly doable**

**Relevant**

Create your **STAR** walking goal!

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# Perfect your posture

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

**Roll your foot** | from heel to toe as you walk and step lightly.

**Stand tall** | and keep your back straight.

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

**Keep your shoulders relaxed**—not up by your ears.

**Keep your stomach muscles** gently tightened.

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

Have walking questions?  
WW has answers!

## Q. Is walking bad for the joints?

**A.** Nope! In fact, walking can be effective in keeping joints and bones healthy. To prevent injury, make sure you're wearing supportive shoes that fit well (like the New Balance picks on pages 14 to 15) and focus on keeping good posture. Of course, if you experience any pain while exercising, 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 program. 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 (hundred) 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 songbirds, 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 weight lifting 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



# SHOE GUIDE

The right pair of sneakers 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 New Balance walking shoes for you.

## STEP 1

### Find your fit

#### Think you know your shoe size? Think again.

- The size and width of your feet can change over time, which is why it's recommended that you get professionally fitted at a New Balance or specialty shoe store each year.
- If a fitting is not an option, you can use the printable measuring tool at [newbalance.com](https://www.newbalance.com) to find your shoe size and width.
- Measure your feet in the late afternoon when they are largest due to swelling.
- If your feet are between sizes or one foot is bigger than the other, go with the larger size.

**Up to 72% of people** wear ill-fitting shoes, which can lead to foot pain and disorders such as corns and calluses.

SHOE GUIDE

## STEP 2

# Do some sole searching

Now that you have your correct fit, find a pair of shoes you'll love. To make the process easier, the experts at New Balance narrowed down their collection to highlight the best walking-ready sneakers for WW members. Which pair will you pick?



### Fresh Foam Tempo

Make from super-plush Fresh Foam, this flashy lightweight shoe provides a cushioned step and breathability, thanks to the mesh materials.



### Fresh Foam More

This sneaker is stacked high with cushioning while serving up a sleek look. The heel design hugs the back of the foot for a snug, supportive fit.



### Fresh Foam 1365

This shoe is a must-have for anyone who spends all day on their feet. It offers nonstop comfort plus much-needed breathability.



### Fresh Foam Roav

Planning to walk *a lot*? The rubber outsole offers support and durability in high-wearing areas, helping you get more out of the shoes.



### 857 v2

A shoe that goes from walking to the gym, this cross-trainer provides superior stability. And sweat is no match for the moisture-wicking lining.



### Fresh Foam Arishi

A no-sew seamless fit and cushioning offer breathability and comfort. Bonus: The shoes come with inserts for extra padding and support.



### Fresh Foam Vongo

Stability is the name of the game, thanks to a combination of Fresh Foam and a geometric design that provides structured, secure support.



### FuelCore Nergize

This bootie-style sneaker offers an easy slip-on design so you can get out and go, but you can still adjust the laces for a secure, personalized fit.



### 669 v2

Hikers, this trail-walking shoe is for you! A durable rubber outsole and impact-absorbing cushioning allow you to tackle uneven terrain.



### 608 v5

The classic trainer gets a modern update, thanks to shock absorption technology and a slip-resistant outsole for extra traction.

### STEP 3

## Know when to retire your kicks

Holding on to a pair of walking shoes for too long isn't a great idea. When the foam wears down, your body—not the shoes—starts to absorb impact, leading to wear and tear on your joints. As a rule, you shouldn't log more than 500 miles in a pair. For most people, that means shopping for new walking shoes every four to six months.

**Ready to pick up the pace?** They may look similar, but walking shoes and running shoes are constructed differently. While you can certainly go for a walk in running shoes, avoid running in walking-specific shoes—it could lead to injuries.



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 program 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 <b>10 minutes</b>	Walk for <b>10 minutes</b>	Rest day	Walk for <b>10 minutes</b>	Strength training	Walk for <b>10 minutes</b>
WEEK 2	Strength training	Walk for <b>10 minutes</b>	Walk for <b>15 minutes</b>	Rest day	Walk for <b>10 minutes</b>	Strength training	Walk for <b>15 minutes</b>
WEEK 3	Strength training	Walk for <b>10 minutes</b>	Walk for <b>20 minutes</b>	Rest day	Walk for <b>10 minutes</b>	Strength training	Walk for <b>20 minutes</b>
WEEK 4	Strength training	Walk for <b>15 minutes</b>	Walk for <b>20 minutes</b>	Rest day	Walk for <b>15 minutes</b>	Strength training	Walk for <b>20 minutes</b>
WEEK 5	Strength training	Walk for <b>15 minutes</b>	Walk for <b>20 minutes</b>	Walk for <b>10 minutes</b>	Walk for <b>15 minutes</b>	Strength training	Walk for <b>20 minutes</b>
WEEK 6	Strength training	Walk for <b>15 minutes</b>	Walk for <b>20 minutes</b>	Walk for <b>15 minutes</b>	Walk for <b>15 minutes</b>	Strength training	Walk for <b>20 minutes</b>
WEEK 7	Strength training	Walk for <b>15 minutes</b>	Walk for <b>20 minutes</b>	Walk for <b>20 minutes</b>	Walk for <b>15 minutes</b>	Strength training	Walk for <b>20 minutes</b>
WEEK 8	Strength training	Walk for <b>15 minutes</b>	Walk for <b>20 minutes</b>	Walk for <b>20 minutes</b>	Walk for <b>20 minutes</b>	Strength training	Walk for <b>20 minutes</b>

## YOUR GOAL

# Walk farther

Recording actual distances can be motivating as well as provide a strong sense of accomplishment. The focus of this program 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 <b>1 mile</b> at an easy pace	Rest day	Walk for <b>10 minutes</b>	Walk for <b>1.5 miles</b>	Strength training	Walk for <b>2 miles</b>
WEEK 2	Strength training	Walk for <b>1 mile</b> at an easy pace	Rest day	Walk for <b>10 minutes</b>	Walk for <b>1.5 miles</b>	Strength training	Walk for <b>2 miles</b>
WEEK 3	Strength training	Walk for <b>1 mile</b> at an easy pace	Rest day	Walk for <b>10 minutes</b>	Walk for <b>1.5 miles</b>	Strength training	Walk for <b>2.5 miles</b>
WEEK 4	Strength training	Walk for <b>1 mile</b> at an easy pace	Rest day	Walk for <b>10 minutes</b>	Walk for <b>2 miles</b>	Strength training	Walk for <b>2.5 miles</b>
WEEK 5	Strength training	Walk for <b>1 mile</b> at an easy pace	Rest day	Walk for <b>15 minutes</b>	Walk for <b>2 miles</b>	Strength training	Walk for <b>3 miles</b>
WEEK 6	Strength training	Walk for <b>1 mile</b> at an easy pace	Rest day	Walk for <b>15 minutes</b>	Walk for <b>2.5 miles</b>	Strength training	Walk for <b>3.5 miles</b>
WEEK 7	Strength training	Walk for <b>1 mile</b> at an easy pace	Rest day	Walk for <b>15 minutes</b>	Walk for <b>2.5 miles</b>	Strength training	Walk for <b>4 miles</b>
WEEK 8	Strength training	Walk for <b>1 mile</b> at an easy pace	Rest day	Walk for <b>15 minutes</b>	Walk for <b>3 miles</b>	Strength training	Walk for <b>4 miles</b>

## 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.

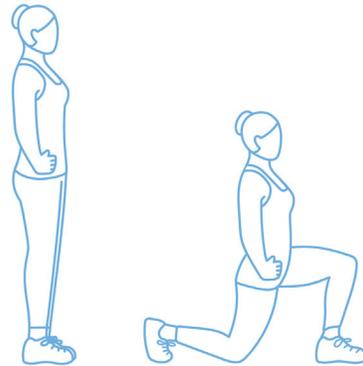
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	Strength training (see pages 26 to 27)	Walk for <b>20 minutes</b> at a steady pace	Speed workout with <b>5-minute intervals</b>	Rest day	Walk for <b>15 minutes</b> at a steady pace	Strength training	Speed workout with <b>10-minute intervals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

# Become a stronger walker

Consider strength training your secret weapon for amping up your walking regimen. When you strengthen the muscles that propel and support your body when you walk, you can go farther 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.

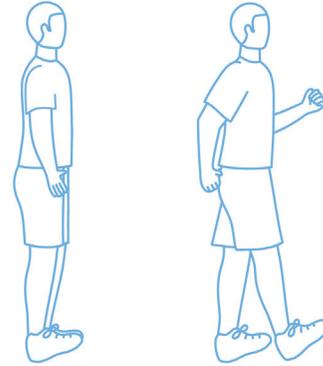


### Walking lunge

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.

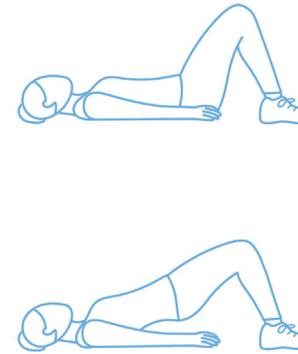


### Heel walk

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).

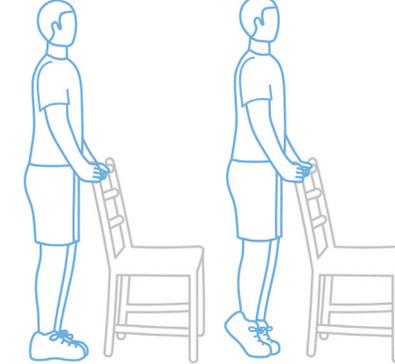


### Bridge

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.

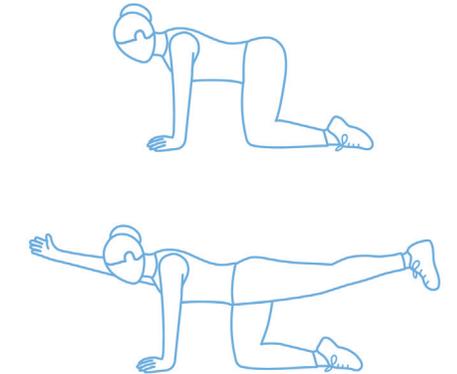


### Calf raise

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 moms, 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 lacrosse 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 moms 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.

Follow Sara on Connect in the WW app! **@WWCoachSara**

# Walking for weight loss

If losing weight is the 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!  
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 overnight 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

Prep 15 min / Cook 7 hr / Serves 10

7 7 4

- 2 cups steel-cut oats
- 7½ cups low-fat milk
- 4 large bananas, mashed well
- 1 tbsp ground cinnamon
- 3 tbsp light brown sugar, not packed
- 1 tsp pure vanilla extract
- 1 tsp kosher salt
- ¼ tsp ground nutmeg

Combine all ingredients in 5- to 6-quart slow cooker. Cook on Low for 6 to 7 hours or on High for 3 to 4 hours.

**SERVING SIZE** ⅔ cup



## Mushroom, Swiss & potato breakfast casserole

Prep 30 min / Cook 7 hr / Serves 12

4 2 1

- Cooking spray
- 4 medium onions, thinly sliced
- 2 lb cremini mushrooms, sliced
- 1½ tsp kosher salt, divided
- ½ tsp black pepper, divided
- 3 large garlic cloves, minced
- 1 tbsp fresh rosemary, finely chopped
- 20 oz frozen shredded hash browns
- 2 cups shredded low-fat Swiss cheese
- 12 large eggs
- 1½ cups low-fat milk
- 2 tbsp Dijon mustard
- 1 tbsp fresh chives, for garnish

**1.** Coat large nonstick skillet with cooking spray; heat over medium-high. Add onions, mushrooms, ½ tsp salt, and ¼ tsp black pepper; cook, stirring often, until vegetables soften, about 10 minutes. Stir in garlic and rosemary; cook, stirring, for 1 minute.

**2.** Coat bowl of 6-quart slow cooker with cooking spray. Add one-third of hash browns; top with half of vegetables and ⅔ cup cheese. Add half of remaining hash browns, remaining vegetables, and ⅓ cup cheese; top with remaining hash browns.

**3.** In medium bowl, whisk eggs, milk, mustard, and remaining 1 tsp salt and ¼ tsp black pepper; pour over hash browns. Sprinkle with remaining cheese. Cover; cook on Low for 6 to 7 hours. Sprinkle with chives before serving.

**SERVING SIZE** 1 cup



## Slow-cooker cheese grits and greens with eggs

Prep 15 min / Cook 8½ hr / Serves 6

9 7 7

### Cooking spray

1½ cups corn grits

1 tsp kosher salt, or more to taste

6 oz baby kale

4 oz reduced-fat cheddar

½ tsp black pepper, or more to taste

1 cup grape tomatoes, halved

6 tbsp bacon bits, for garnish

6 large eggs, fried sunny-side up

**1.** Coat bowl of 6-quart slow cooker with cooking spray. Add 6 cups water; whisk in grits and 1 tsp salt. (Make sure there are no lumps in grits.) Cover; cook on Low until grits are tender and creamy, about 8 hours.

**2.** Uncover slow cooker; stir in kale and cheese. Cook on Low (or warm setting) until kale has wilted, about 30 minutes. Season to taste with salt

and black pepper. Divide grits among 6 bowls. Sprinkle each bowl with tomatoes and bacon bits; top each with 1 fried egg.

**SERVING SIZE** 1 cup grits and 1 egg



## Peanut butter, banana & chocolate chip breakfast cookies

Prep 10 min / Cook 20 min / Serves 16

2 2 1

**3** small bananas

1½ cups old-fashioned oats

⅓ cup powdered peanut butter

¼ tsp salt (optional)

⅓ cup mini semisweet chocolate chips

**1.** Preheat oven to 350°F. Line baking sheet with parchment paper.

**2.** In medium bowl, mash bananas with fork. Stir in oats, powdered peanut butter, and salt (if using); fold in chocolate chips. Scoop dough by rounded tablespoonfuls onto prepared baking sheet to make 16 cookies; flatten cookies slightly. Bake at 350°F for 20 minutes. Serve cookies warm.

**SERVING SIZE** 1 cookie



## Veggie egg cups

Prep 10 min / Cook 20 min / Serves 6

3 1 1

Cooking spray

- 1 cup chopped tomatoes
- 6 tbsp crumbled feta
- 1 tbsp chopped fresh dill
- 5 large eggs
- 2 tbsp fat-free milk
- $\frac{1}{4}$  tsp kosher salt
- $\frac{1}{4}$  tsp black pepper

**1.** Preheat oven to 350°F. Coat 6-cup muffin pan with cooking spray. Divide tomatoes among muffin cups; sprinkle each cup with 1 tbsp cheese. Dividing equally, sprinkle dill over cups.

**2.** In medium bowl, whisk eggs, milk, salt, and black pepper. Dividing equally, pour eggs into muffin cups. Bake until eggs are set, 20 to 22 minutes. Run thin knife or spatula around edge of each egg cup and gently remove from pan.

**SERVING SIZE** 1 egg cup



## Chocolate, peanut butter & banana overnight oats

Prep 10 min / Cook 8 hr / Serves 1

5 5 2

- 1 medium banana, halved
- $\frac{1}{3}$  cup old-fashioned oats
- $\frac{1}{2}$  cup unsweetened chocolate almond milk
- 2 tbsp powdered peanut butter with cocoa (such as PB2 Performance Peanut Protein with Dutch Cocoa)
- Pinch of salt

In medium jar or large glass, mash 1 banana half. Chop remaining banana half; add to jar with remaining ingredients and stir. Cover; refrigerate overnight. Garnish with slices of banana, if desired, before serving.

**SERVING SIZE**  $\frac{2}{3}$  cup



NG

Y?

# FEELING SNACKY?

If you need something to nosh on after your walk, reach for one of these ideas, which feature stealthy, healthier ingredient swaps.

SNA CK

FEELING

## Water reminder!

For most people, drinking when thirsty can help keep you hydrated. As a guideline, most men can stay hydrated with just over 12 cups (96 fluid ounces) per day; for women, just over nine cups (70 fluid ounces) per day. For a starting point, create your own goal and use the water tracker in the WW app to keep track of how much you've guzzled.



### TAP TO SHOP!

The WW Chocolate Peanut Butter Baked Protein Bar combines cocoa, peanuts, caramel, almonds, and crispy rice to deliver seven grams of protein. The perfectly portioned size is easy to tote for a post-walk bite.

3 3 3

## No-cook peanut buttery cookie dough bites

Prep 20 min / Chill 1 hr / Serves 36

1 1 1

- $\frac{3}{4}$  cup chickpeas, rinsed and drained
- 3 tbsp salted creamy peanut butter
- $\frac{1}{3}$  cup dark brown sugar
- 1 tsp low-fat cream cheese
- $\frac{1}{2}$  tsp pure vanilla extract
- $\frac{1}{4}$  tsp salt
- $\frac{1}{8}$  tsp baking soda
- 2 tbsp all-purpose flour
- 2 tbsp peanut butter chips
- 2 tbsp powdered sugar
- 2 tbsp unsweetened cocoa powder

**1.** In food processor, combine chickpeas, peanut butter, brown sugar, cream cheese, vanilla, salt, and baking soda; process until completely smooth. Add flour and peanut butter chips; pulse until just combined. Refrigerate for at least 1 hour.

**2.** Using melon baller, scoop cookie dough into 36 small balls; transfer to large bowl.

**3.** In small bowl, sift powdered sugar and cocoa powder. Gently toss chilled dough balls with 2 tbsp of sugar-

cocoa mixture. Reserve remaining sugar-cocoa mixture.

**4.** Refrigerate coated dough bites until serving. Dust with remaining sugar-cocoa mixture before serving.

**SERVING SIZE** 1 cookie dough bite



## Sweet potato toast with banana, honey & pecans

Prep 10 min / Cook 10 min / Serves 2

4 4 3

- Cooking spray
- 1 medium sweet potato (about 4 oz), cut lengthwise into  $\frac{3}{8}$ -inch-thick slices
- Pinch of salt
- 2 tsp honey
- 2 small bananas, thinly sliced
- Pinch of ground cinnamon
- 4 tsp chopped toasted pecans

**1.** Lightly coat sweet potato slices with cooking spray; season with salt. In toaster (or toaster oven), toast slices on highest setting for 2 to 3 times or until potatoes are lightly browned and fork-tender, flipping slices each time (for even toasting).

**2.** Dividing equally, drizzle potato slices with honey; layer with bananas. Garnish with cinnamon and nuts. Serve immediately.

**SERVING SIZE** 1 toast



## Air-fryer jicama fries

Prep 5 min / Cook 25 min / Serves 4



Cooking spray

- 1½ lb jicama
- ¾ tsp kosher salt
- ¾ tsp garlic powder
- ¾ tsp smoked paprika
- ¼ tsp cayenne pepper

**1.** Cut jicama into ½-inch-thick slices; cut slices into thin fries (⅓ to ½ inch thick). In large bowl, coat jicama with cooking spray. Sprinkle jicama with salt, garlic powder, paprika, and cayenne; toss well to coat.

**2.** Preheat air fryer, if necessary, to 375°F; lightly coat air-fryer basket with cooking spray. Arrange jicama in basket. Cook at 375°F, shaking basket every 7 to 8 minutes, until fries are browned and crisp at edges, 22 to 25 minutes.

**SERVING SIZE** about ¾ cup



## Pea guacamole with tortilla chips

Prep 10 min / No cook / Serves 1



- ¼ medium avocado
- ¼ cup frozen green peas, thawed
- 2 tsp fresh lime juice
- 2 tsp chopped red onion
- 1 tbsp chopped fresh cilantro
- ⅛ tsp salt
- ½ cup quartered cherry tomatoes
- 7 tortilla chips

In mini food processor or blender, purée avocado, peas, and lime juice until smooth; scrape into small bowl. Stir in onion, cilantro, and salt; garnish with tomatoes. Serve with tortilla chips.

**SERVING SIZE** about ¼ cup



# 9 ways to get in more steps

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

# 1

## Set an alarm

Time the alarm to go off every 45 minutes and (this is key) place it in another room. This means you'll have to get up to turn it off. While you're up, get in more steps by walking around your home.

# 2

## 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.

# 3

## Turn on a tune

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

# 4

## 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?

# 5

## Make the grocery store your gym

Before you start shopping, take a lap around the perimeter of the store. While shopping, go down every aisle to get in some more steps.

# 6

## Ditch setting family-style meals

Instead of setting all the courses on the table, keep the food on the kitchen counter so you have to stand up to get another serving.

# 7

## Make life harder

Sneak in more steps by *not* taking the easy way out. You could use a bathroom on a different floor or carry grocery bags into the house one at a time.

# 8

## 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.

# 9

## 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.

**We're #BetterTogether!** Join the Walking Connect group in the WW app and meet other WW members who love getting their steps in.

## REMINDER!

Don't forget to download or print this walking guide before the online version expires on December 31, 2021.



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