



SHOW US YOUR MOVES!

You could shrink a size (or more) this month by adding high-intensity walks to your routine, burning more fat during and after your workouts. For best results, you should do at least 20 minutes of high-intensity walking on three nonconsecutive days a week. On alternate days, do moderate-intensity activity for about 30 minutes.

— Lisa Miles, Physical Medicine and Rehabilitation

Drop-It-Fast Sprint, 25 to 30 minutes

The quicker you walk, the farther you can go and the more pounds you will melt off.

WORKOUT: After warming up for five minutes, walk as fast as you can for 10 minutes. Note how far you went. Then turn around and walk back at a brisk pace, slowing your speed to cool down as you get closer to your starting point. Each time you do this workout, aim to walk faster and go farther than your initial turnaround point.

Megacalorie Burner, 60+ minutes

Hour-plus workouts can crank up your post-exercise calorie burn nearly fivefold, compared to a 30-minute walk. This can also get you in shape to take on a bigger goal such as a half-marathon or a multiday fundraising walk. It's also a social way to slim down: Plan your route so you can meet up with friends.

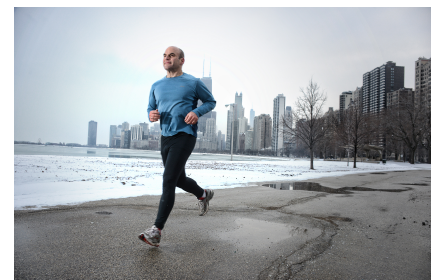
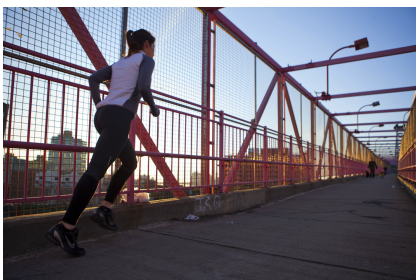
Belly-Busting Walk, 10+ minutes

High-intensity workouts like the ones in this section can shrink five times more belly fat than moderate-intensity workouts. To zero in on shaping your abs, focus on drawing them in toward your spine. Try to maintain the contraction throughout your walk, but don't hold your breath. Then, imagine that your legs extend up above your navel. As one leg swings forward and back, that hip should follow. This slight hip swivel causes your lower torso to rotate, activating more ab muscles to tone your midsection faster.

Butt Firmer, 16+ minutes

Walking uphill activates 25% more muscle fibers for faster firming than strolling on flat terrain. For best results, find a hill that takes at least two minutes to climb.

WORKOUT: Warm up at an easy pace for five to 10 minutes. Then walk up and down the hill; follow with two minutes of brisk walking on a level surface. Repeat the hill and level walk for your desired workout length. Finish with five minutes of easy walking to cool down.



Visit [Prevention](http://Prevention.com) for more high-intensity walking routines.