



TMAC 20 LEAN OUT WITH 10K WALKS

10K STEPS A DAY

How does a busy person get in great shape? 10K STEPS!

I cannot stress enough the importance of moving throughout the day. You need to get in 10k steps a day. A great way to accomplish this is to follow our Three 20's Concept. You have three 20-minute windows throughout your day. When you wake up, at lunch, and in the evening.

Sample day using the Three 20's:

- Morning: TMAC 20 Workout
- Lunch: 20 minute walk before or after lunch (bring a coworker)
- Evening: 20 minute walk (with family, friends, or your pet)
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You will get better results following the Three 20's than you would by going to the gym for an hour long cardio class and then sitting the rest of the day!

Your #MINDRIGHT Challenge today and everyday going forward is getting in 10K steps. If you want fast results, bump up your step count to 12k/day. I have helped clients get amazing results by simply bumping them up to 12k/steps a day.

