

B³ WALKING FOR FAT LOSS GUIDE

Use Daily Steps to Boost Your Results

Walking is one of the most underrated tools for fat loss. It increases daily calorie burn without adding much fatigue or stress to the body.

Suggested Step Targets

- Beginner: 6,000–8,000 steps per day
- Intermediate: 8,000–10,000 steps per day
- Aggressive fat loss: 10,000–12,500 steps per day

How to Add More Steps

- Take 10–15 minute walks after 1–2 meals
- Park farther from entrances
- Use walking phone calls instead of sitting
- Set a timer to get up and move every 60–90 minutes

Tips for Consistency

- Track steps with your phone or watch
- Aim for a weekly average rather than perfection every single day
- Combine walking with podcasts, audiobooks, or music you enjoy