

# **B<sup>3</sup> 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