

walkmillTM



www.WalkMill.com

Congratulations on investing in the WalkMill -- the easiest, safest, most effective and convenient way to lose weight and get fit ever! Enclosed you will find a series of special programs and guidelines designed to help you successfully form a daily fitness habit, lose unwanted fat, and gently ease into the best shape of your life!

Wave Walking™ for Maximum Weight Loss:

Note: Consult with your physician before beginning this or any other exercise or weight loss program.

Your WalkMill has been specifically engineered to harness the power of our exclusive Wave Walking system. The specially designed features and easy-to-use controls make your fat-blasting "Wave Walks" as simple, uncomplicated, and effective as possible. With your WalkMill and our Wave Walking programs, maximum fat loss has never been easier and safer.

Level One:

In the most basic terms, **Wave Walking is simply varying the intensity of your workout up and down, instead of exercising at a steady rate.** It's the process of throwing in short, higher-energy bursts of exertion, then backing off and taking it easy after each one, as you can see in the example below. How intense and how often you create these bursts depends on how fit you already are.

If you are just beginning a fitness program, here's a Wave Walking workout designed especially for you:

20-Minute 'Fat Blaster' Wave Walking Program--Beginners

	Time	Intensity	WalkMill Speed*	Elevation**
Warm-Up	3 min.	Very light or easy	2.5 mph	0
Baseline	3 min.	Comfortable	3.0 mph	0
Energy Wave	1 min.	Somewhat hard	3.5 mph	0
Recovery	2 min.	Very light or easy	2.5 mph	0
Energy Wave	1 min.	Somewhat hard	3.5 mph	0
Recovery	2 min.	Very light or easy	2.5 mph	0
Energy Wave	1 min.	Somewhat hard	3.5 mph	0
Recovery	2 min.	Very light or easy	2.5 mph	0
Baseline	2 min.	Comfortable	3.0 mph	0
Cool-Down	3 min.	Very light or easy	2.5 mph	0

* These are average speeds. Please adjust your pace to your own body's comfort level at this time.

** We recommend you stay at "0" elevation for the first two weeks or more to allow your heart, lungs, muscles and tendons to adjust to your walking workout. As you get stronger, you can increase the incline up to a maximum of "2".

Personalizing Your Wave Walking Program

On the WalkMill, you have several options for creating Wave Walking workouts. Like you do in the Beginner's 20-Minute Fat Blaster Program, you can simply increase the speed of the belt whenever you want to create a higher-intensity burst. Or, for an even more intense butt workout, you can increase the elevation only so you're walking uphill for your more intense waves, then lower it again when it's time to take it easier. A third option is to increase both the speed and the incline just a little so it feels like you're charging up a small hill. Be sure to check out the guidelines below to keep your workout safe and effective.

General Wave Walking Guidelines

- Regardless of what the speedometer on your WalkMill says, you'll get the best personal results by listening to what your own body is saying about your exertion level.
- The general intensity range for Wave Walking ranges between a "Very light or easy" level on one end, up to "Somewhat hard" on the more challenging end.
- If you're a fitness rookie, keep your baseline exertion (a moderate, sustainable pace) at the "Comfortable" level. That would be classified as the regular or normal intensity level for you. Then you'll start throwing in brief bursts of "Somewhat harder" walking. After these high-energy bursts, you'll drop back to a "Very light" or even an easy "Very, very light" level for as long as you need to breathe easily, then return to your "Comfortable" baseline until your next Wave Walking energy burst.

Suggested Intensity Levels for Beginning-level Wave Walkers

Warm-Up	Baseline	'Energy' (higher-intensity) wave	'Recovery'	Cooldown
Very light or easy	Comfortable	Somewhat hard	Very light or easy	Very light or easy

- If you have a hard time returning to a "Comfortable" exertion level after your higher-intensity 'Energy Wave' burst and "Very light or easy" recovery period, that probably means you're Wave Walking too hard for now. So try making your high-energy bursts a little shorter and a little less intense.
- Your goal is to find your personal "push-recover-push-recover" cycle that feels good enough to do for 20 minutes or longer and that won't leave you wiped out afterward.
- As you get more fit, it will become easier to make your more intense "walking waves" a little harder and a little closer together so you're spending more time in the "somewhat harder" zone that especially boosts your after-exercise calorie burn.
- You have the rest of your life to enjoy the benefits of being in shape, so relax a little and you won't sabotage your program before it gets started by driving yourself too hard too quickly.

- And don't forget, research shows that tuning in to your favorite music or TV program can make your workout time feel shorter and less tiring. With your WalkMill, it's so easy to take your Wave Walking to the most "entertaining" spot in the house!

Level Two:

30-Minute "Just Hills" Wave Walking Program--Intermediate

The "Just Hills" Wave Walking Program is scientifically designed to elevate your metabolism, trigger even greater fat-burning around the clock (even when you're asleep!), and provide extra firming and shaping of your butt and legs. When you walk on an incline, the muscles in your hips, thighs, and calves work extra hard to lift your body up as well as forward.

Note: Before doing the "Just Hills" workout, it is very important that you have done at least two weeks of daily level walking (Elevation "0") to allow your body's muscles and tendons the opportunity to adjust to your walking workout. For safety and best results, it is essential to adjust the WalkMill speed and incline to your own body's comfort and fitness level, regardless of the speed and elevation suggested in the chart below.

* These are average speeds. Please adjust your pace to your own body's comfort level at this time. It is important to choose a speed that you can maintain at all elevations (0, 1, 2, 3, 4). You will get the better fat-burning results by walking at a slower speed on a steeper incline than you will by going faster at "0" elevation.

** These are suggested elevations. Please adjust the incline to your body's comfort and fitness level. As you get stronger, you can gradually increase all elevations during the "Energy Waves" up to a maximum of "4".

Level Three:

40-Minute "Boost the Burn" Wave Walking Program-Advanced

"Boost the Burn" is an advanced program that maximizes the speed and elevation features of the WalkMill to intensify your cardio conditioning, muscle toning, and total calorie burning.

Important: Before doing the "Boost the Burn" workout, it is essential that you have done at least 6 to 8 weeks of consistent, daily walking at the "Beginner" and "Intermediate" levels to properly condition your heart, lungs, muscles and tendons for this level of exertion.

Note: For safety and best results, it is essential to adjust the WalkMill speed and incline to your own body's comfort and fitness level, regardless of the suggested speed and elevation in the chart below.

	Time	Intensity	WalkMill Speed*	Elevation**
Warm-Up	3 min.	Very light or easy	2.5 mph	0
Baseline	3 min.	Easy/Comfortable	3.0 mph	0
Energy Wave	1 min.	Somewhat hard	3.5 mph	1
Baseline	2 min.	Comfortable	3.0 mph	0
Energy Wave	2 min.	Somewhat hard	3.5 mph	1
Baseline	3 min.	Comfortable	3.0 mph	0
Energy Wave	2 min.	Somewhat hard or hard	4.0 mph	1
Baseline	3 min.	Comfortable	3.0 mph	1
Energy Wave	2 min.	Somewhat hard or hard	4.0 mph	1
Baseline	3 min.	Comfortable	3.0 mph	1
Energy Wave	2 min.	Somewhat hard or hard	4.0 mph	2
Baseline	3 min.	Comfortable	3.0 mph	1
Energy Wave	1 min.	Somewhat hard or hard	4.0 mph	3
Baseline	3 min.	Comfortable	3.0 mph	1
Energy Wave	1 min.	Somewhat hard or hard	4.5 mph	2
Baseline	3 min.	Comfortable	3.0 mph	0
Cool-Down	3 min.	Very light or easy	2.5 mph	0

* These are average speeds. Please adjust your pace to your own body's comfort level at this time. It is important to choose a speed that you can maintain at the suggested elevation. You will get the better fat-burning results by walking at a slower speed on a steeper incline than you will by going faster at "0" elevation.

** These are suggested elevations. Please adjust the incline to your body's comfort and fitness level. As you get stronger, you can gradually increase all elevations during the "Energy Waves" up to a maximum of "4".

WalkMill *SuperStar* Total Body Workout™

Note: Consult with your physician before beginning this or any other exercise or weight loss program, especially if you have medical problems/concerns

- We've combined the most proven cardio, strength training, and fat-burning techniques into one single easy but highly effective routine designed exclusively for your WalkMill. You'll get in two workouts in half the time!
- Your program contains the same power-charged mix of treadmill walking and strength training used by some of Hollywood's most famous "Superstars" to get into the best shape of their lives...and it will work for you too!

Key Elements:

1. Aerobic interval training on your WalkMill for maximum fat loss and overall conditioning. You make simple, "feel good" adjustments in your pace over the course of your workout that significantly boost fat-burning and endurance.
2. Strategic strength-training breaks to firm and tone your whole body, and help build your body's lean mass for even more powerful calorie burning 24/7.
3. All you need is your WalkMill, a few inexpensive dumbbells, and a comfortable surface such as a mat or thick carpet for doing strength and stretching moves.
4. Your programs are also conveniently laid out in the laminated card pack you received with your WalkMill. These program cards are designed to attach to the handrail of your WalkMill for total ease of use.

Level One: WalkMill *SuperStar* 30-Minute Total Body Workout™

- Before you begin, carefully read over the program below. You will need dumbbells or a barbell with light weights, and a comfortable carpet or mat for stretching and ab toning.
- You will be alternating short walking segments on the WalkMill with strength and flexibility exercises off the WalkMill. The first column of the workout chart tells you when it's time to get ON and walk and when to get back OFF for flexibility or strength training.
- As you get stronger, increase the intensity of your strength training by lifting progressively heavier weights. For safety and maximum results, remember to **perform all strength moves slowly and carefully through the entire range of motion.**
- Be extra careful getting on and off the WalkMill. Position your WalkMill so you can't trip over the power cord.

Note: Consult with your physician before beginning this or any other exercise or weight loss program, especially if you have medical problems/concerns. If you feel dizzy or lightheaded at any time, immediately dismount the treadmill or put down your weights, and stop your workout.

Level One: WalkMill *SuperStar* 30-Minute Total Body Workout™

ON or OFF?*	Time**	Exercise Type	What To Do	Speed	Elevation
ON	2 min.	Warm-Up	Walk at 'easy' pace	1.5 to 2 mph	0
OFF	1 min.	Warm-Up/ Flexibility	Hold each stretch for slow count of 20: • Full-Body Overhead Stretch • Calf Stretch • Hamstring Stretch		
	1 min. (10 reps)	Chest toning/ strength	Push-ups (regular or modified)		
ON	2 min.	Cardio	Walk at 'comfortable' pace	2 to 3 mph	0
	3 min.	Cardio	Walk at 'brisk' pace	3 to 4 mph	0
	3 min.	Cardio	Walk at 'comfortable' pace	2 to 3 mph	0
OFF	1 min. (10 reps)	Shoulder/Back strength/toning	Overhead Press ***		
	1 min. (10 reps)	Shoulder/Arm strength/toning	Arm Side Raise ***		
ON	3 min.	Cardio/ Toning	Walk at 'easy' or 'comfortable' pace; add incline for hip and butt workout	2 to 3 mph	1
	3 min.	Cardio/ Toning	Walk at 'comfortable' or 'slightly brisk' pace with incline	2.5 to 3.5 mph	1
OFF	1 min. (10 reps)	Biceps strength/toning	Biceps Curl ***		
	1 min. (10 reps)	Triceps strength/toning	Overhead Triceps Extensions ***		
ON	3 min.	Cardio	Decrease incline; Increase speed to 'brisk'	3 to 4 mph	0
	2 min.	Cool-down	Walk at 'very light' or 'easy' pace	1.5 to 2 mph	0
OFF	1 min. (20 reps)	Ab toning/core strength	Ab Cycles		
	2 min.	De-Stress/ Relaxation	Stretch out on your back on mat or carpet, hands resting on your belly. Close your eyes and breath slowly and easily as you totally relax and enjoy the good feeling of having just done something great for your body!		

* Indicates whether you are ON or OFF of the WalkMill during this portion of the workout

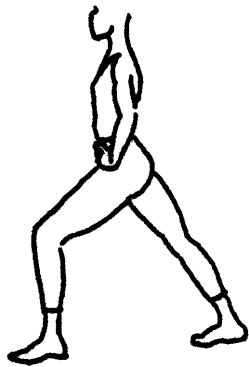
** This indicates only the time needed to do the exercise itself; please take all the additional time you need to get safely off and on the WalkMill--do it at your own pace.

*** For the strength moves, use your choice of 2 to 5 lb. dumbbells, according to your own fitness level.

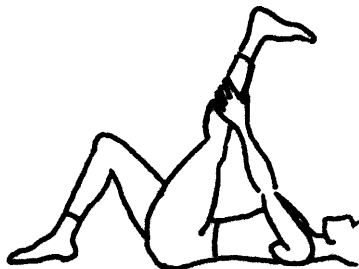
Flexibility/Stretching Moves:



• **Full-Body Overhead Stretch:** Stand with your feet a shoulder-width apart, hands relaxed at your sides. As you breathe in deeply, slowly raise your arms forward and upward until they are extended straight above your head. Stretch your whole body upward, pushing your palms toward the ceiling and pulling your arms in close to your head. Hold for a slow count of 10, then slowly lower arms to the starting position.

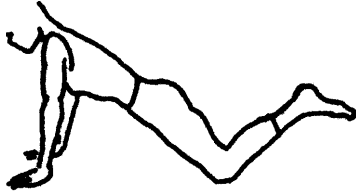


• **Calf Stretch:** Take a big step forward with your left leg, bending it at the knee as you gently press forward over your left foot. Keep the heel of your right foot flat on the floor as you feel the stretch in your right calf and Achilles' tendon. Hold for a slow count of 10, then switch legs and repeat.



• **Hamstring Stretch:** Lie on your back on a mat or carpet, with your abdominal muscles pulled in and your lower back pressed against the floor. Bend your left leg, placing your left foot on the floor. Keeping your right leg as straight as you comfortably can at this time (bent is OK), lift it slowly toward the ceiling. Grasp your right leg above, at or below the knee (depending on your flexibility) and gently pull it toward you. You will feel the stretch in the back of your thigh. Hold for a slow count of 10, then switch legs and repeat.

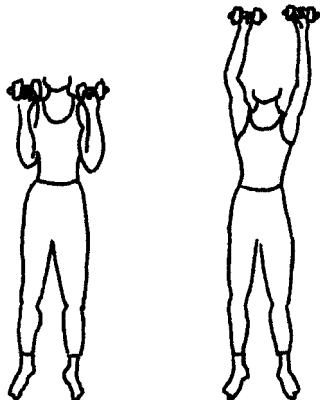
Strength Moves:



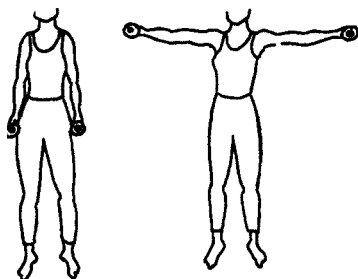
• **Push-Ups:** *Beginner level:* On a mat or carpet, position yourself on your hands and knees in the modified pushup position as shown, with hands directly under your shoulders. Keep your knees bent, back straight, and butt down. Your arms should be straight but not locked, your head in line with your spine, and your abs held tight. Now bend your elbows and slowly lower your body toward the floor as far as is comfortable as you slowly count to 3, then push back up to the starting position to a slow count of 3. Repeat 10 times.



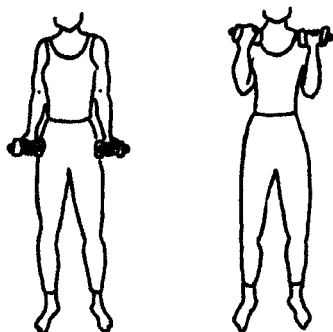
• **Push-Ups:** *Intermediate level:* On a mat or carpet, position yourself on your hands and knees in the classic pushup position as shown, with hands flat on the floor directly under your shoulders. Keeping your back and legs straight and butt down, balance on your toes with your feet together. Your arms should be straight but not locked, your head in line with your spine, and your abs held tight. Now bend your elbows and slowly lower your body toward the floor as far as is comfortable as you slowly count to 3, then push back up to the starting position to a slow count of 3. Repeat 10 times.



• **Overhead Press:** Stand with your feet a shoulder-width apart, knees "soft" (slightly bent; do not lock knees into a straight position), and abdominal muscles firm. With palms forward, hold weights at shoulder height. Slowly press weights straight up toward the ceiling to a slow count of 3, being careful not to lock your elbows. Then lower back down to shoulder level to a slow count of 3. Repeat 10 times.



• **Arm Side Raise:** Stand with feet a shoulder-width apart, knees "soft," hands at your sides. With your palms facing toward your body and your elbows slightly bent, grasp a weight with each hand. Keeping your ab muscles firm, slowly raise both weights straight out from your sides to a slow count of 3, until your arms are at shoulder level. Then lower to starting position to a slow count of 3. Repeat 10 times.



• **Biceps Curl:** Stand with feet a shoulder-width apart, knees "soft." With your palms up, grasp a weight with each hand. Keeping your elbows still and close to your body and your shoulder and abs firm, bend your arms at the elbows and slowly raise weights to your shoulders to a slow count of 3, then lower to a slow count of 3. Repeat 10 times.



• **Overhead Triceps Extensions:** Stand with feet a shoulder-width apart, knees "soft." Grasp a weight with each hand with an overhand (palms forward) grip and extend arms straight above your head. Keeping your elbows still and close to your ears and your shoulder and abs firm, bend your arms at the elbows as you slowly lower the weights down and back behind your head to a slow count of 3. Slowly raise back up to the starting position to a count of 3. Repeat 10 times.



• **Ab Cycles:** Lie on your back on a mat or carpet, with your abdominal muscles pulled in and your lower back pressed against the floor. Lightly grasp the back of your head with your hands. Raise your left shoulder off the floor and slowly bring your left elbow across your body while bending your right knee and bringing it toward the knee as far as you comfortably can at this time. Using an alternating "bicycling" motion, slowly straighten back to the starting position and then repeat with the right shoulder and left knee. Keep alternating sides, and repeat slowly up to 20 times. Remember to keep your back on the floor and your abs firm, and only extend your legs out as far as you comfortably can with arching your back.

Level One: Exclusive WatchMill™ TV Version!

The WalkMill + Your Favorite Show = 1 Entertaining WatchMill™ Workout!!

- Before you begin, carefully read over the program below. You will need dumbbells or a barbell with light weights, and a comfortable carpet or mat for stretching and ab toning.
- You will be alternating walking segments on the WalkMill **while your show is playing**, with strength and flexibility exercises off of the WalkMill **during the commercial breaks**. The first column of the workout chart tells you when it's time to get ON and walk and when to get back OFF for flexibility or strength training. Not only will the commercials fly by more quickly than when you sit and do nothing, but you'll be getting a great strength training workout at the same time!
- As you get stronger, increase the intensity of your strength training by progressively lifting heavier weights. For safety and maximum results, remember to **perform all strength moves slowly and carefully through the entire range of motion**.
- The amount of time for each walking and strength-training segment will vary, based on how the channel schedules the commercials during your show. That's OK! No matter how you mix it up, you're still getting a great combination cardio/strength workout.
- Be extra careful getting on and off the WalkMill. Position your WalkMill so you won't trip over its power cord.

Note: Consult with your physician before beginning this or any other exercise or weight loss program, especially if you have medical problems/concerns. If you

feel dizzy or lightheaded at any time, immediately dismount the treadmill or put down your weights, and stop your workout.

Level One: Exclusive WatchMill™ TV Version--Beginner

ON or OFF?*	Time*	Exercise Type	What To Do	Speed	Elevation
OFF		Tune-In	Channel Surf to find your favorite 30-minute program		
1 st Program Segment					
ON	2 min.	Warm-Up	Walk at 'easy' pace	1.5 to 2 mph	0
	3 min.	Cardio	Walk at 'comfortable' pace	2 to 3 mph	0
1 st Commercial Break					
OFF	1 min. (10 reps)	Chest toning/strength	Push-ups (regular or modified)		
	1 min. (10 reps)	Shoulder/Back strength/toning	Overhead Press ***		
2 nd Program Segment					
ON	3 min.	Cardio	Walk at 'brisk' pace	3 to 4 mph	0
	2 min.	Cardio	Walk at 'comfortable' pace	2 to 3 mph	0
2 nd Commercial Break					
OFF	1 min. (10 reps)	Shoulder/Arm strength/toning	Arm Side Raise ***		
	1 min. (10 reps)	Biceps strength/toning	Biceps Curl ***		
	1 min. (10 reps)	Triceps strength/toning	Overhead Triceps Extensions ***		
3 rd Program Segment					
ON	3 min.	Cardio	Walk at 'brisk' pace	3 to 4 mph	0
	2 min.	Cardio/Toning	Walk at 'easy' or 'comfortable' pace; add incline for hip and butt workout	2 to 3 mph	1
3 rd Commercial Break					
OFF	1 min. (20 reps)	Ab toning/core strength	Ab Cycles		
	1 min.	Flexibility	Hold each stretch for slow count of 20: • Full-Body Overhead Stretch • Calf Stretch • Hamstring Stretch		
4 th Program Segment + Final Commercial Break					
ON	2 min.	Cardio/Toning	Walk at 'comfortable' or 'slightly brisk' pace; add incline for hip and butt workout	2.5 to 3.5 mph	1

	2 min.	Cardio	Decrease incline; Increase speed to 'brisk'	3 to 4 mph	0
OFF	2 min.	Cool-down	Walk at 'very light' or 'easy' pace	1.5 to 2 mph	0
	2 min.	De-Stress/ Relaxation	Stretch out on your back on mat or carpet, hands resting on your belly. Close your eyes and breath slowly and easily as you totally relax and enjoy the good feeling of having just done something great for your body!		

* Indicates whether you are ON or OFF of the WalkMill during this portion of the workout

** This indicates only the time needed to do the exercise itself; please take all the additional time you need to get safely off and on the WalkMill--do it at your own pace.

*** For the strength moves, use your choice of 2 to 5 lb. dumbbells, according to your own fitness level.

Level Two: WalkMill **SuperStar 45-Minute Total Body Workout™ - Intermediate**

Note: **Before doing the Intermediate **SuperStar** 45-Minute Total Body Workout™, it is very important that you have done at least four weeks of the Beginner-level 30-Minute Total Body Workout** to properly condition your heart, lungs, muscles and tendons for this level of exertion. For safety and best results, it is essential to adjust the WalkMill speed and incline to your own body's comfort and fitness level, regardless of the speed and elevation suggested in the chart below. Also, adjust the amount of weight you lift in the strength-training portion of the workout to your own fitness level to avoid overexertion.

- Before you begin, **carefully read over the program below.** You will need dumbbells or a barbell with light weights, and a comfortable carpet or mat for stretching and ab toning.
- You will be alternating short walking segments on the WalkMill with strength and flexibility exercises off of the WalkMill. The first column of the workout chart tells you when it's time to get ON and walk and when to get back OFF for flexibility or strength training.
- As you get stronger, increase the intensity of your strength training by progressively lifting heavier weights. For safety and maximum results, remember to **perform all strength moves slowly and carefully through the entire range of motion.**
- Be extra careful getting on and off the WalkMill. Position your WalkMill so you can't trip over the power cord.

Note: Consult with your physician before beginning this or any other exercise or weight loss program, especially if you have medical problems/concerns. If you feel dizzy or lightheaded at any time, immediately dismount the treadmill or put down your weights, and stop your workout.

Level Two: WalkMill **SuperStar 45-Minute Total Body Workout™**

ON or OFF?	Time	Exercise Type	What To Do	Speed	Elevation
ON	2 min.	Warm-Up	Walk at 'easy' pace	2 to 3 mph	0
OFF	1 min.	Warm-Up/ Flexibility	Hold each stretch for slow count of 20: • Full-Body Overhead Stretch • Calf Stretch • Hamstring Stretch		
	1 min. (10 reps)	Chest toning/ strength	Push-ups (regular or modified)		
ON	3 min.	Cardio	Walk at 'comfortable' pace	2.5 to 3.5 mph	0
	3 min.	Cardio	Walk at 'brisk' pace	3.5 to 4 mph	0

	3 min.	Cardio/ Toning	Walk at 'somewhat hard' pace; add incline for hip and butt workout	3.5 mph	1
	2 min.	Cardio	Reduce incline: Walk at 'brisk' pace	3.5 to 4 mph	0
OFF	1 min. (10 reps)	Shoulder/Back strength/toning	Overhead Press ***		
	1 min. (10 reps)	Shoulder/Arm strength/toning	Arm Side Raise ***		
ON	2 min.	Cardio	Walk at 'brisk' pace	3.5 to 4 mph	0
	3 min.	Cardio/ Toning	Walk at 'somewhat hard' pace w/incline	3.5 mph	1
	2 min.	Cardio	Reduce incline: Walk at 'brisk' pace	3.5 to 4 mph	0
	2 min.	Cardio/ Toning	Walk at 'somewhat hard' pace w/incline	3.5 mph	1 to 2
	2 min.	Cardio	Walk at 'brisk' pace	3.5 to 4 mph	0
OFF	1 min. (10 reps)	Biceps strength/toning	Biceps Curl ***		
	1 min. (10 reps)	Triceps strength/toning	Overhead Triceps Extensions ***		
ON	2 min.	Cardio	Walk at 'brisk' pace	3.5 to 4 mph	0
	2 min.	Cardio/ Toning	Walk at 'somewhat hard' pace w/incline	3.5 mph	1 to 2
	2 min.	Cardio	Reduce incline; Walk at 'brisk' pace	3.5 to 4 mph	0
	2 min.	Cardio/ Toning	Walk at 'somewhat hard' pace w/incline	3.5 mph	1 to 2
	2 min.	Cardio	Reduce incline; walk at 'brisk' pace	3.5 to 4 mph	0
	2 min.	Cool-down	Walk at 'very light' or 'easy' pace	1.5 to 2 mph	0
OFF	1 min. (20 reps)	Ab toning/core strength	Ab Cycles		
	2 min.	De-Stress/ Relaxation	Stretch out on your back on mat or carpet, hands resting on your belly. Close your eyes and breathe slowly and easily as you totally relax and enjoy the good feeling of having just done something great for your body!		

* Indicates whether you are ON or OFF of the WalkMill during this portion of the workout

** This indicates only the time needed to do the exercise itself; please take all the additional time you need to get safely off and on the WalkMill--do it at your own pace.

*** For the strength moves, use your choice of 2 to 10 lb. dumbbells, according to your own fitness level.

The WalkMill "Quick Fix" Eating Plan

Note:

• *The information and guidelines in this booklet are not intended to replace professional medical and nutritional advice. Consult with your physician before beginning this or any other diet or weight loss program.*

• ***The WalkMill "Quick Fix" Eating Plan is only recommended for 10 to 14 days of continuous use; after that time, choose the powerful Wave Walking and SuperStar Total Body Workout programs, combined with a healthy diet recommended by a health care professional to permanently attain and maintain your long-range weight loss and fitness goals.***

Exclusive WalkMill "Quick Fix" Diet Principles that help you lose more fat and feel less hungry all day long!

1. **Proven protein power.** Scientific research now shows that **"high protein / low carbohydrate" diets are more effective for weight loss** than "low fat / high carbohydrate" approaches. And the low-carb approach is also considered safe for most individuals* in the short-term. With the "Quick Fix" eating plan, **you enjoy satisfying servings of protein, moderate fat, and healthy but limited carbs that lead to greatest weight loss.** The "Quick Fix" is your diet—it's designed so that you can easily personalize your carb level based your individual food preferences and how quickly you want to drop pounds.

2. **Level out and lose.** With any diet, a key factor in losing fat is **keeping your blood sugar and insulin levels under control**, because surges of insulin can stimulate your appetite and cause your body to store fat rather than burn it for energy. **Your "Quick Fix" food lists have been researched and pre-selected to automatically include the "Lower Glycemic" foods that produce the healthiest, most gradual rise in blood sugar and the fastest weight loss.** This not only helps reduce risk of heart disease and diabetes, but also helps curb your appetite and encourages weight loss.

3. **Beat the bloat.** When you need to look great in a hurry, the last thing you need to deal with is extra "water weight" pounds. **The "Quick Fix" eating program automatically helps you eat to control extra bloating and reduce retained water weight to a healthy level** by adjusting your salt, sugar and starchy food intake.

4. **Give sugar the shoulder.** There are a "bazillion" different weight loss diets out there that have helped people successfully lose weight -- high-fat, low-fat, no-fat, high-protein, cabbage soup, juice fasting, "The Zone," Atkins, Ornish, Pritikin, to name a few. And as different as they can be, **successful weight loss diets have one thing in common: Refined sugars, sweets and starches are off-limits.** So, tap into the natural power of the "Quick Fix" food plan. Eat plenty of protein, push green veggies, banish sugary sweets, cut way back on (or eliminate) fruit and bread carbs, and eat enough "good" fats to keep hunger pangs at bay.

5. K.I.S.S.: Keep It Superbly Simple. Don't get too creative or over-involved in the whole food prep/cooking thing, as that can actually stir up your appetite. We give you 4 suggested daily menu samples that you can alternate throughout the "Quick Fix" Program or alter to your own tastes. **Remember, you can do almost anything for just 7 to 14 days!**

6. Limit your food exposure. Give yourself about 20 minutes to eat, then get up, put everything away so you're not tempted to nibble, and get out of the kitchen. If you're anxious, nervous, or nibbly, get on your WalkMill and walk away from the cravings. You'll feel calmer, have more energy, burn calories, and have a firmer butt to boot!

7. Take a snack vacation. For many people, frequent snacking keeps your mind overly focused on food and eating, which is just exactly where you don't want it during your "Quick Fix" program. When you feel a "munchy mood" overtaking you, skip the snack and grab a tasty "Quick Fix-approved" sugar-free beverage to quell your appetite and help speed weight loss.

8. Just say no to sweetened sodas and alcohol. Think of them as fluffy fat just waiting to store itself on your hips or belly! **Remember, this is only a temporary sacrifice, and the results will be so worth this minor, short-term deprivation.** This is the time to stock up on your favorite diet sodas and other sugar-free, low-cal beverages to help your sweet tooth successfully maneuver the "Quick Fix" plan.

9. Drink off the pounds. Higher protein diets can mean more work for your kidneys. You'll want to drink plenty of water and other no-calorie liquids to help fill you up, take the edge off your appetite, and flush you out. Two smart "Quick Fix" drink choices are green tea and icy cold water--both cause your body to shift into a slightly higher metabolic gear that burns even more calories.

** Check with your doctor before beginning this or any other weight loss program if you have medical problems/concerns. And take a good, complete multi-vitamin and mineral supplement with extra calcium to help make up any short-term nutritional gaps.*

Your Basic "Quick Fix" Eating Plan

Breakfast	Women	Men
Protein units	2**	3**
Fat units	1	2
Beverage	Any allowed	Any allowed
Fruit units	1 (optional)**	1 to 2 (optional)**
Bread units	1 (optional)**	1 to 2 (optional)**

Lunch	Women	Men
Protein units	2**	3 to 4**
Vegetable units	1	2
Fat units	2	3
Beverage	Any allowed	Any allowed
Fruit OR Bread units (not both)	1 (optional)**	1 (optional)**

Dinner	Women	Men
Protein units	3 to 4**	4 to 6**
Vegetable units	2	2 to 3
Fat units	2	3
Beverage	Any allowed	Any allowed
Fruit units	1 (optional)**	1 (optional)**

*****If you strictly limit your carb intake and emphasize protein during this short-term program, you will not only help suppress your appetite, but you should lose weight even more quickly. For maximum results, skip the fruit and bread choices, and add 1 to 4 more units of protein and another 1 or 2 fat units (if desired) at each meal.***

Your Food Choices

Protein Unit Choices:

- 1 oz. lean meat (beef, pork, veal)
- 1 oz. skinless, boneless chicken or turkey meat (breast or leg)
- 1 oz. fish or shellfish (fresh, frozen, canned water-packed)
- 1 large egg or 3 egg whites or 1/4 c. egg substitute
- 1/4 cup cottage or ricotta cheese
- 1 oz. string cheese
- 2 tablespoons grated Parmesan cheese
- 3 oz. firm tofu
- 1/2 of a high-protein "hamburger style" soy patty, such as Morningstar Farms "Grillers" or Boca Burger
- 1 Morningstar Farms "sausage-style" "Breakfast Pattie"
- 2 tablespoons chopped almonds, walnuts or pecans
- 2 tablespoons sunflower, sesame, pumpkin or flax seeds
- 1 oz. low-fat luncheon meat
- 6 oz. plain or artificially sweetened yogurt

Note: Meat, poultry and fish weights are as measured after cooking. Trim visible fat. Prepare with as little added fat as possible by broiling, baking, roasting, pan-broiling, or steaming, by using non-stick pans, or use your Fat Unit Choices.

Fat Unit Choices:

- 1 teaspoon olive oil
- 1 teaspoon regular butter or margarine
- 2 teaspoons diet/reduced-calorie margarine
- 1 teaspoon mayonnaise
- 2 teaspoons reduced fat mayonnaise
- 1/8 avocado
- 5 olives

Vegetable Unit Choices:

Best:

- 2 cups shredded/chopped lettuce, preferably dark green
- 2 cups raw or 1/2 c. cooked spinach (can chop, steam and stir into an omelet)
- 1 cup shredded cabbage, raw
- 1 bell pepper, green, red, orange or yellow
- 1 cup mushrooms, raw
- 1 cup celery
- 1/2 cucumber
- 1 cup zucchini
- 15 radishes

Good:

- 1 cup broccoli
- 1 cup raw cauliflower

- 1 cup green or wax beans
- 4-5 spears asparagus
- 1 cup pea pods
- 1 cup eggplant
- 1 medium tomato
- 1/3 cup onions
- 1/2 cup tomato or V-8 juice
- 1 small carrot

Note: Vegetables from the "Best" list will give you the fastest weight loss results, but do add in some "Good" veggies if you need the variety to help you stay on your program.

Beverage Choices (unlimited):

- Green tea*--recommended because of its proven fat-burning effect
- Water--drink it iced for an even greater calorie-burning effect
- Coffee (regular or decaf)*
- Black or herbal tea*
- Mineral water
- Sugar-free, calorie free beverages including diet soda, Ice Botanicals (sweetened with Splenda), Crystal Light, Diet Snapple, sugar-free tonic water, sugar-free iced tea

**With up to 1 tablespoon milk, soy milk, or half & half allowed per day; artificial sweetener as desired (Splenda is preferred).*

Fruit Unit Choices (optional):

- 1/2 apple, orange or grapefruit
- 1 whole plum, tangerine, peach, or nectarine
- 1 cup fresh or frozen (unsweetened) strawberries or raspberries
- 1/2 cup fresh or frozen blueberries
- 3 medium apricots
- 1/3 pear or cantaloupe

Note: Only include the Fruit Choice Units if you absolutely need the variety to stay with your program. You will get faster weight loss results by just saying "No" to these nutritious but high-carb foods until after your big event, and having an extra protein unit or two instead.

Bread Unit Choices (optional):

- 1 thin slice regular or "diet" bread
- 1 small crisp bread stick
- 1/4 pita bread
- 3 Rye Krisp or Finn Crisp
- 2 melba toast

Note: Only include the Bread Choice Units if you absolutely need the variety to stay with your program. You will get faster weight loss results by taking a

vacation from these nutritious but high-carb foods until after your big event, and having an extra protein unit or two instead.

Extras/Condiments:

Unlimited:

- Lemon or lime juice
- Vinegar
- Soy sauce
- Parsley
- Cooking spices and herbs (cayenne and other hot peppers help boost metabolism)
- Garlic

Limited:

- Sugar-free Jell-O--up to 2 servings per day
- Non-fat or reduced calorie salad dressings--up to 3 tablespoons per day
- Mustard--up to 2 tablespoons per day
- Horseradish--up to 2 tablespoons per day
- Milk, Soy Milk, Half & Half--up to 1 tablespoon per day in coffee or tea
- Avocado--up to 1/4 per day
- Salt--excessive sodium can cause water retention, so use moderately

Meal Management Guidelines:

- Clear out all tempting, sugary, fattening foods from your cupboards and refrigerator for the duration of the QuickFix Plan. Give them to a neighbor or friend.
- Plan out your meals a day or more in advance
- Make a grocery list of the foods you need and stock up so you'll have all the healthy QuickFix™ foods you need readily available
- Cut out unnecessary calories by baking, grilling, steaming, broiling or roasting foods in a nonstick pan, using the least oil possible
- Pre-pack and carry your own lunch and beverages to work to outsmart impulse eating
- Plan meals that require as little fuss and time in the kitchen as possible. Eat what's on your menu list, then clean up and get out--go for a walk on your WalkMill to burn even more calories!

Sample Menus: Two Delicious "Quick Fix" Versions

Variety Plan -- Great Results, Never Get Bored!

Day 1

Breakfast

Scrambled eggs

1 thin slice "diet" bread, toasted, with 1 teaspoon diet margarine (optional)*

1 cup strawberries, sliced, with sugar-free sweetener if desired (optional)*

Coffee (regular or decaf) with 1 tablespoon milk, soy milk, or 2 teaspoons half & half; artificial sweetener if desired

Lunch

Grilled chicken breast with garlic and herbs

1-1/2 cups green salad with lettuce, celery, mushrooms, grated Parmesan cheese

Olive oil and vinegar dressing

1 peach (optional)*

Iced tea with artificial sweetener if desired, or diet soda

Dinner

Broiled salmon with dill and lemon

2/3 cup green, red and yellow bell pepper strips, stir fried in olive oil

1 cup green salad with 1 tablespoon low-fat dressing

1/3 cantaloupe, cut in chunks (optional)*

Coffee (regular or decaf) with 1 teaspoon cream; sugar-free sweetener if desired

Day 2

Breakfast

Spinach-mushroom omelet

2 Rye-Krisp*

1/2 grapefruit*

Coffee (regular or decaf) with 1 tablespoon milk, soy milk, or 2 teaspoons half & half; artificial sweetener if desired

Lunch

Chef salad:

2 cups salad greens

Chicken or turkey chunks

Swiss cheese strips

Boiled egg wedges

Olive oil and vinegar dressing

1 small crisp breadstick (optional)*

Diet soda or coffee (regular or decaf) with 1 tablespoon milk, soy milk, or 2 teaspoons half & half; artificial sweetener if desired

Dinner

Flank steak, grilled or broiled

1/4 cup mushrooms sauteed in olive oil

1 cup green salad with lettuce, cucumber, radishes

Olive oil and balsamic vinegar dressing

1/2 cup blueberries, fresh or frozen (optional)*

Coffee (regular or decaf) with 1 tablespoon milk, soy milk, or 2 teaspoons half & half; artificial sweetener if desired

**If you strictly limit your carb intake and emphasize protein during this short-term program, you will not only help suppress your appetite, but you should lose weight even more quickly. For maximum results, skip some or all of the fruit and bread choices, and add one or more units of protein and fat at each meal (see "Extreme Results" plan below).*

Extreme Results-No Fuss, Very Low Carb

Day 1

Breakfast

Scrambled eggs
Canadian bacon
Coffee (regular or decaf) with 1 teaspoon cream; artificial sweetener if desired

Lunch

Grilled chicken breast with garlic and herbs
1-1/2 cups green salad with lettuce, celery, mushrooms, grated Parmesan cheese
Olive oil and vinegar dressing
Iced tea with artificial sweetener if desired, or diet soda

Dinner

Broiled salmon with dill and lemon
2/3 cup green, red and yellow bell pepper strips, stir fried in olive oil
1 cup sugar-free Jell-O with artificially sweetened whipped cream
Coffee (regular or decaf) with 1-2 teaspoons cream; artificial sweetener if desired

Day 2

Breakfast

Spinach-cheese omelet
Coffee (regular or decaf) with 1 teaspoon cream; artificial sweetener if desired

Lunch

Chef salad:
2 cups salad greens
Ham and turkey strips
Swiss cheese strips
Boiled egg wedges
Olive oil and vinegar dressing
Coffee (regular or decaf) with 1 teaspoon cream; artificial sweetener if desired

Dinner

Flank steak, grilled or broiled
1/4 cup mushrooms sauteed in olive oil
1 cup green salad with lettuce, cucumber, radishes
Olive oil and balsamic vinegar dressing
Coffee (regular or decaf) with 1-2 teaspoons cream; artificial sweetener if desired

The WalkMill "Quick Fix" Exercise Component

Note: Consult with your physician before beginning this or any other exercise or weight loss program.

For maximum weight loss, the WalkMill "Quick Fix" exercise plan revs up your basic metabolism with interval-style Wave Walking workouts and simple strength-training for maximum calorie burn 24/7. You will maximize your post-workout "after-burn" for hours after you step off the WalkMill because you're doing the right kind of workout.

The WalkMill "Quick Fix" Secrets of Maximum Weight Loss:

1. Wave Walking™ is your most powerful weight loss weapon...it can triple your fat-blasting ability! *It is the best possible way to exercise, burn fat, and boost your metabolism when you need to lose weight in a hurry.* Your personalized "interval-style" Wave Walking workout is not only easier on your body and your willpower, but really powers up your metabolic afterburners to burn maximum total calories and maximum stored body fat. And it's so easy to get going -- you'll find a 20-minute Level 1 Wave Walking workout for beginners at the front of this book.

2. Double the Burn! When you need to lose weight in a hurry, you want to keep your metabolism at its peak performance. *By doing a Wave Walking session (20 minutes or more) both morning and evening, you get the powerful twice-a-day metabolism boost that keeps the fat-burning going at maximal levels around the clock, even while you're asleep.* Think you don't have time for that? It couldn't be easier with the WalkMill, because you can take it anywhere in the house and combine it with many other activities you do anyway (TV, watching the kids, chatting on the phone, catching up with your family's news of the day, etc.).

3. Accumulate fat-blasting chunks of time! *Even 5 or 10 minute chunks of Wave Walking, done as often as you can grab them, add up and make a huge difference in your metabolic rate and daily calorie burn.* With the ever-present convenience of the WalkMill, you have the ability to grab those little "wasted" chunks of time and turn them into calorie-burners. And by spreading out the minutes during the day, *you can bump up your overall daily exercise minutes significantly without taking the risk of overstressing your body and ending up injured.*

4. Work the "big guns"! Walking is so great for losing weight because it uses your "big muscles" in your legs and hips. Why is this so important for faster weight loss? *Because the bigger the muscle, the more energy (think calories!) it takes to keep it working, and the greater the calorie "after-burn" you're going to get 24/7, even while you're sleeping.*

5. Rock On! Research shows that *the right kind/tempo of your favorite upbeat music can keep you going faster and longer, while at the same time it makes the workout actually seem easier and quicker.* So put down that book and walk to the music!

6. Tone-up your technique! *Increase the elevation on your WalkMill and pump hard with your arms to further increase both calorie-burning and muscle-toning effects of your WalkMill workout (think firmer butt and upper arms!).*

7. Mix it up! If you're after quick weight loss, the worst thing you can do is the very same thing, at the same pace, day after day. Why? Because your body learns what's expected of it and quickly adapts to being able to provide it at the least possible energy cost (least number of calories burned). This is not the result you are looking for! By practicing Wave Walking and mixing in simple, effective body-toning moves (see #8 below), *you keep your workout time spicy and your body guessing in the most beneficial fat-burning way.*

8. Extra-lean, extra-firm! For even more body toning and shaping, you'll want to throw in some *simple strength-training moves every day to firm up key body zones and develop more lean muscle fibers* (which helps boost your metabolism even more). Check out the strength moves in the SuperStar Total Body Workout (substitute the 30-minute beginner workout for one of your two daily Wave Walks), or do any of your own favorites that target your abs, arms, butt, and hips. Again, if you're time-pressed, think about "crunching" and "lifting" while you're watching your favorite TV show (or even just during the commercials).

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