



*Denise Austin's*  
WALK-FIT GUIDE

THE POWER OF  
**DAILY  
STEPS**

*Walk your way to  
your summer body!*

*Denise Austin*

Companion eBook to *Denise Austin's*  
*Fit Over 50: WALK OFF THE WEIGHT!* Magazine

# Denise Austin's Fit Over 50: WALK OFF THE WEIGHT! Available Now!



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“Walking is one of my favorite workouts because it’s simple and great for your whole body!”

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Walking is a simple, effective way to improve your cardiovascular fitness and keep your heart healthy. Best of all, it fits easily into even the busiest schedule. With just a supportive pair of shoes and comfortable socks, you can step outside and start moving toward better health anytime, anywhere, and no matter your age!

Feeling sluggish in the morning? A quick stroll can give you the energy boost you need to start your day right.

Plus, cardiovascular exercises in general are a proven way to directly burn calories, reduce visceral (belly) fat, and improve blood pressure, mood, and your overall heart function, among other health benefits.

So, are you ready to turn your daily walk into a true workout? Come on!

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**Your complete guide to WALKING OFF THE WEIGHT is here!  
Denise Austin's Fit Over 50: Walk Off the Weight Issue is 98 pages of tips, recipes, exercises and health insight.**

Pick it up today for access to:

- A 7-day fitness plan to help you manage weight gain and increase your metabolism.
- Dozens of delicious recipes plus a 7-day meal plan!
- Health insight from renowned physicians and medical practitioners.
- Wellness tips to help you manage anxiety, promote better sleep and address brain fog.

**Buy it NOW** - or find it at all major retailers!

This magazine covers all that and so much more!





# THE POWER OF A DAILY WALK

*Happy spring, everyone!*

Over my 40-plus years of helping people move, I have discovered the key to life-long wellness: finding what fits you! Once you tap into the workouts, foods, and habits that you enjoy doing, you will quickly get on a healthy path - one you will want to stay on! Small additions that can lead to big results, like a positive, healthy, fun-filled life!

My favorite exercise is walking! Walking with friends or loved ones is fun and helps boost your mood, burn fat, is heart healthy, and you can do it anywhere.

So grab your sneakers, fill your water bottle, take a deep, cleansing breath, and get ready to start this amazing wellness journey with me! It is about consistency, being kind to yourself, and enjoying the path.

Thank you for letting me be part of your life for so many years!

*xoxo*

*Denise*



# MY 30-MINUTE FAT-BLASTING WALKING WORKOUT

Here's to feeling STRONG, ENERGIZED, and EMPOWERED! Try this 30-minute walking routine today - no equipment needed, just YOU!! Use these tips to get started!

- Wear the right shoes - supportive and not too worn out!
- Schedule your walks for a time in the day that you will be able to commit to it. I like walking in the morning, but do what works for you!
- Bring a water bottle. It's important to stay hydrated!
- Wear a pedometer to track your steps ... it can help motivate you!
- Choose to walk instead of drive when you're going somewhere close by.
- Take the stairs instead of the elevator whenever possible - extra steps count!
- Mix it up a bit - don't go the same route or at the same pace every time.

Want to mix things up? Walk on an incline to boost your cardio benefits, wear a weighted vest to increase your calorie burn, and put on your favorite music to make moving even more fun!

# LET'S DO MY 30-MINUTE INTERVAL WALK **TOGETHER!**

**This walk will help you burn calories, blast fat and boost your metabolism.**

- 1 5 minutes: Warm Up (intensity of 5)
- 2 5 minutes: Walk at a moderate pace (intensity of 6)
- 3 3 minutes: Power walk (intensity of 7)
- 4 2 minutes: Walk at a moderate pace (intensity of 6)
  
- 5 3 minutes: Speed walk (intensity of 8)
- 6 2 minutes: Walk at a moderate pace (intensity of 6)
- 7 3 minutes: Speed walk or jog (intensity of 9)
- 8 2 minutes: Walk at a moderate pace (intensity of 6)
- 9 5 minutes: Cool down at a moderate pace (intensity of 5)

This walk is all about consistency, so whether you do this outside, indoors, on an incline or a flat surface, challenge yourself to Interval Walk 3-4 per week! Put on your favorite music and let's "burn that butter!"

[Get more healthy lifestyle inspiration for women over 50 in my Denise Austin Membership!](#)



# WALK WITH ME

## Workouts and Stretches!



### Walk With Me 10-Minute Indoor Walking Workout

Welcome to my 10-minute indoor walking workout! This is a great way to get warmed up and moving all while in the comfort of your own home (or wherever you may be!). All you need is a good pair of shoes and a positive attitude! And if you like this workout, join my Membership for the 30-minute version - we can walk off the weight together!

[Walk With Me 10-Minute Indoor Walking Workout](#)



### 1-Minute Tension Tamer: Walking in Place

Did you know that walking can help ease tension and boost your energy? Anytime you need a quick pick me up (or an anxiety reducer!), try this fast, simple yet so effective tension tamer. You will feel better physically and emotionally after doing this!

[1-Minute Tension Tamer: Walking in Place](#)



### 3 Post-Walk Stretches

Want to know what I do after I walk? These stretches! They can help keep your lower back, hip flexors, quadriceps and more loose, flexible and healthy. A perfect way to wind down after your power walks!

[3 Post-Walk Stretches](#)

**And if you like this workout, join my Membership for the 30-minute version - we can walk off the weight together!**

[JOIN NOW](#)

### Get More Cardio Walking Workouts!

Denise has five feel-good walking and cardio workouts in her **Fit Over 50: Walk Off The Weight** magazine! Whether you're easing back into exercise or looking to add variety to your weekly routine, these endurance-building walks will help you improve strength and boost energy - while going at your own pace!

Let Denise guide you, step-by-step, toward a healthier, happier you - pick up your copy today!



## YOUR 5-PART HEALTHY LIFESTYLE PRESCRIPTION

Keeping blood sugar levels stable is important as we age - and a combination of consistent, moderate exercise (such as walking), a balanced diet rich in protein and fiber, and managing stress to prevent metabolic issues like Type 2 diabetes is the key! In addition to all the walking insight in this mini-guide, try the following to help keep your body and mind healthy and thriving.

1. **Focus on Protein and Fiber:** By including protein in every meal, you help to keep blood sugar steady, manage hunger, and maintain muscle mass. And when you make sure you are getting enough fiber (good choices include beans, lentils, whole grains and veggies), you are keeping your system running smoothly so you feel more energized each and every day!
2. **Replace Sugary Drinks:** One of the best things you can do for your health is to cut out sugary drinks (like soda and juice), and replace them with water or sparkling water. This helps to minimize blood sugar spikes and can help moderate your weight.
3. **Snack Healthy:** Snacks that combine protein and complex carbs, such as celery with peanut butter or yogurt with fruit, can help keep energy levels consistent. See the next page for some of my favorite walking snack ideas!
4. **Eat Smaller Meals:** Eating smaller, more frequent meals rather than large, infrequent ones can help keep blood sugar levels from dipping too low, which can cause fatigue and cravings.
5. **Lifestyle Balance:** Beyond food, be sure to practice self-care and stress-management tools like breathing exercises to help promote overall wellbeing.



## FUEL YOUR WALKS WITH HEALTHY SNACKS!

Some of my favorite snacks are not only tasty to eat, but can help keep your energy up - and are portable, too!

My favorite on-the-go snacks while walking or staying active are typically nutritious options that provide healthy fats, protein and carbs - this helps to keep me moving while not overly filling me up. Try these on-the-go snack ideas for your next walk!

**Roasted Nuts.** I love to make pan-roasted walnuts or almonds sprinkled with Celtic salt and cayenne pepper for a savory, crispy, and healthy-fat-filled snack.

See how I make roasted walnuts!



**Hard Boiled Eggs.** I always keep these on hand, as they are easy to grab and go and provide a good protein punch!

**Fresh or Dried Fruit.** For a quick natural-sugar boost, I like to take an apple, dried cherries, or dates with me on my walks.

**Crispy Kale.** Crispy Kale is one of my favorite ways to eat this nutritious veggie. Try my recipe!



## CRISPY KALE

SERVES: 2  
EACH SERVING: 60 calories

### INGREDIENTS:

- 1 large bunch of kale, washed, de-boned and trimmed (3 cups)
- Olive oil spray
- 1 tbsp. kosher salt
- 2 tbsp. pressed garlic
- 1 tbsp. red pepper flakes

### DIRECTIONS:

- Preheat oven to 400 degrees.
- Make sure kale is well washed, trimmed and patted dry.
- Remove stems.
- Place on baking sheet.
- Spritz kale lightly with olive oil spray.
- Sprinkle with pressed garlic, kosher salt, and red pepper flakes and toss.
- Bake in oven until crispy, approximately 8 minutes.

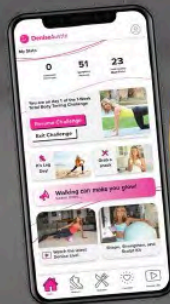
### Want more recipes and tips like this?

Join my Denise Austin Membership as let's get cooking together!



# WALK YOUR WAY TO WELLNESS WITH ME!

Join me in my membership where you'll find **exclusive walking workouts** and **fun challenges** to help you stay consistent, energized, and **feeling your very BEST...** every step of the way.



Join my membership with **3 Months FREE**  
USE CODE:  
**Walk2026**

*Denise Austin*

## Shop My Walking Essentials



WalkingPad Denise Austin 2.0 Double-Fold Treadmill



Denise Austin's Weighted Gloves



Denise Austin's Weighted Vest



Easy Spirit x Denise Austin Mel EMOVE

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**“PUSH HARDER  
THAN YESTERDAY  
IF YOU WANT  
A DIFFERENT  
TOMORROW!”**

## ***Disclaimer***

As with any physical activity, it is important that before beginning any fitness regimen, to consult with your healthcare professional to ensure that you are aware of your current health and any restrictions that are appropriate for you. You should immediately seek medical attention if there are any unanticipated changes to your physical condition at any time. No information contained in the e-book is intended to be used as medical advice and the e-book is not intended to be used to diagnose, treat, cure or prevent any medical condition (including any mental health conditions) or for any therapeutic purposes. Before relying on the information in this e-book, you should carefully evaluate the accuracy and relevance of the information and obtain appropriate professional medical advice. You must consult a qualified medical professional if you have any questions concerning your medical condition or injury.

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*THANK YOU*  
**FOR JOINING ME**



**STAY FOCUSED**  
**ON YOUR**  
**OWN JOURNEY**  
**AND CELEBRATE**  
**YOUR PROGRESS!**



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Denise Austin Mini-Walking Guide