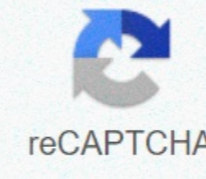




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Foot pounds to inch pounds converter

This story originally appeared on [health.com](#) by Jenny Everett. If you want to lose serious weight, walking can't even come to mind. But it should. Fast walking in combination with a healthy diet is hugely effective for weight loss, says Art Weltman, PhD, director of exercise physiology at the University of Virginia. And these simple steps can have a big impact on your overall health, reducing your risk of everything from heart disease to depression. If your daily walks haven't made you thin so far, your speed may be the problem. Many of us walk more like a window buyer than a power walker. Luckily, the goal is not crazy race walker style: You just have to move at a challenging pace. Related: [Health Benefits Of Walking In Studies](#), [Weltman has found that women who have three short \(about 30 minutes\) high-intensity hikes plus two moderately fast-paced recovery stagnant lose up to six times more belly fat than participants who simply go for a walk five days a week.](#) (This despite the fact that both groups burn exactly the same number of calories.) The Power Walkers also drop about four times as much total body fat. There is a strong correlation between the intensity of exercise and fat-burning hormones, Weltman says. So if you exercise at a pace that is considered tough, you're probably releasing more of these hormones. Best of all, when women walk, deep belly fat is the first thing that goes. This is a scientific fact that we can rejoice in. Another lucky truth: Although you move in a fast clip, power walking on the joints is still easier than running. When walking, one of the feet is always in contact with the ground, says Weltman, but when running there is a swimming platform in which the whole body is lifted into the air. Then you come back and subject your body to impact. That's why hiking is an intelligent, long-term fitness plan. To get you on the right foot, here is a complete primer, from how to optimize your speed for maximum combustion to what you need (note: almost none). Follow the workouts and wisdom – along with a healthy diet – and not only can you lose that extra 10 pounds in three weeks, but you'll have a no-foot plan that you can do anywhere, anytime. Choose in your speed To make sure your pace is on point, use these guidelines from exercise physiologist Tom Holland, author of *Beat the Gym*. For maximum fat burning, aim for 30 minutes at power walk intensity three week (see the hiking map on the next page). This time can be completed at once, or you can divide it into sprints with recreational steps (walk or brisk walk) in between. Walk. Think of the window shopping tempo or an intensity of 4 on a scale of 10. It burns about 238 calories per hour. Fleet walk. This means an effort of 5 or 6 on a scale of 10. It burns up to 340 calories per hour (at a speed of 3.5 to 4 mph). While you can clap about Mad Men, you can to hold your breath every few sentences. Power Walk. They burn about 564 calories per hour (at a speed of 4 to 5 mph). Move on this clip, with your arms to push you forward and take longer steps, your effort should be a 7 or 8 on a scale of 10. Speaking is only possible in proverbs of three or four words, but... You would... Rather... Focus... On... Breathing. The Amped-up Plan This program from Holland mixes a regular walking workout with interval routines to help you reach your power walking rate of 30 minutes, three times a week. The goal is to go on three non-consecutive days and either rest on the other or cross. If you cross train (think power yoga or swimming), you will help your body to recover; and with our diet, you will fall faster up to 10 pounds in three weeks. Tempo Day Burns about 220 calories: Warm up: 5 minutes walk. Workout: Maintain a power walk intensity for 30 minutes. Cooldown: Stroll for 3 to 5 minutes. Long break day Burns about 355 calories: Warm up: 5 minutes walk. Interval Workout: Maintain a hard power walk intensity (8 on a scale of 10) for 5 minutes. Recover at a brisk pace for 1 minute. Repeat for a total of 6 intervals. Cooldown: Stroll for 3 to 5 minutes. Short-term day Burns about 405 calories: Warm up: 5 minutes walk. Interval Workout: Maintain a hard power walk intensity (8 on a scale of 10) for 2 minutes. Recover at a brisk pace for 1 minute. Repeat for a total of 15 intervals. Cooldown: Stroll for 3 to 5 minutes. Go this way When it comes to walking, your body and brain know what to do. Makes sense - you've been doing it since you took the first wobbly baby steps. But with these three form fixes, you will maximize your combustion, great time. Cheer up. Your gaze should not be on your feet, no matter how straightforward your sneakers are. Instead, focus on a point that is about 10 meters in front of you. This will keep your crotch longer and your neck comfortable in the border with your spine. Activate your abdominal muscles. When you pull your core together – pulling your belly button towards your spine – you automatically trigger a good posture. Press your buttocks. Your backside literally drives you through your walk. To get the most oomph - so you can walk longer and faster, hold your buttocks. Poor optics, good strategy: Imagine pushing a lottery ticket between your cheeks. 4 Ways to Burn More Fat So You're The Type? Use these tricks to awaken the challenge and calorie burning. Add hills. When you hit the hills on a treadmill or in your neighborhood, you increase your calorie burn by nearly 20 percent – and that's only on a 1 to 5 percent gradient. Go off-road. Go on an easy but brisk hike and you'll burn off about 430 calories in just an hour. Own the uneven terrain that forces you to work harder. Sub this in for one of your weekly power walks. Swing your arms. With elbow elbows at 90 degrees and hands in loose fists, move your arms in a bow, hold elbows tightly to your body. This helps to lead you forward, says Weltman, builds upper body strength and can increase your combustion by up to 10 percent. Take longer steps. Instead of taking further steps, you're working to increase your stride length, Weltman says. You're going to cover more soil, and that means more fat fried. Itching to run? Let's face it, some of us would rather just run. But if you go from zero to Usain Bolt on your first outing, you could end up sidelined. Use this guide from Holland to move from walking to safe running. For the current newcomer: Make this modified version of Short Interval Day (see The Amped-Up Plan, left) three times a week: run one minute (work up to two minutes in a few weeks), run one minute and repeat a total of 15 intervals. Do this for a few weeks, then transition to the long interval tag, runs for five minutes and walks for one, repeat for a total of six intervals. The goal is to finally tackle Tempo Day – running non-stop for 30 minutes. For the on-and-off runner: Assuming you have running experience under your belt, you can dive directly into the Long Interval Day plan and run for the Power Walks. The intervals should be demanding, and the Tempo Day run should be carried out at a hard but comfortable pace. For the gym visitor: You can also use this plan to cross, doing exactly the same routines while on the elliptical, rowing machine or stationary bike. This article originally appeared on [health.com](#) For Category Page, Second Priority Image - URL Path (used in the grid and featured story, if the first priority is empty) For category page, First Priority Image - URL path (used for raster and featured story) for category page, third priority image upload (used in the grid and in the featured story when URL paths are empty) ,20680533,00.html [Jean Assell/E+/Getty Images](#) The formula for converting inches to feet is to convert 6 inches to a measurement to foot, for example, the formula would be $6/12 = 0.5$ feet. Various units of measurement are used in everyday life and in scientific life. These units of measure can also vary in different locales. The English or imperial system, with inches and feet as the primary linear measurements, is preferred in the United States. Most of the rest of the world is based on metric which includes metres and centimetres. The scientific community also uses the metric system primarily. This sample problem illustrates how to convert cubic inches to liters by using the real-world scenario of displacement, combined displacement of all pistons of the machine in their cylinders. If someone describes the performance of a car, that person could say that it has a 3.3-liter engine or such an example. Many small car engines have a displacement of 151 cubic inches. What is this volume in litres? 1 inch = 2.54 centimeters First, convert the measurements to cubic measurements. (1 inch)³ = (2.54 cm)³ 1 in³ = 16.387 cm³ second, convert to cubic centimeters. Set up the conversion to cancel the unit you want. In this case, we want cubic centimeters to be the remaining unit. Volume in cm³ = (volume in 3) x (16.387 cm³/in³) volume in cm³ = (151 x 16.387) cm³ volume in cm³ = 2,474.45 cm³ thirds, converted to liters. 1 L = 1,000 cm³ Set up the conversion to cancel the desired unit. In this case, we want the liters to be the remaining unit. Volume in L = (volume in cm³) x (1 L/1,000 cm³) Volume in L = (2,474.45/1,000) L Volume in L = 2.474 L A 151-cubic-inch motor displaces 2,474 liters of space (or air). Ben Baker Vital Stats Name Lindsey WillisAge 26HometownJob Public Relations ManagerHeight 5'7Weight before 180 poundsWeight after 135 poundsDid it 4 years hold backHow She Lost It: 1999, I was cast in a small movie roll, and who wouldn't want to look for their best when seen by thousands of people? Willis says. She started eating healthier foods and smaller portions, doing cardio for 30 minutes 4 days a week, and lifting weights. Even though her part was cut from the film, Willis has no regrets: I met my future husband [on set]. She lost a total of 50 pounds, won 15 back, then joined Weight Watchers – and dropped those 15 forever. How She's Keeping It Off: She goes to Weight Watchers meetings once a month, visits her message boards and returns to her eating plan when her scale moves 5 pounds upwards. But she says it would be impossible to keep the weight away without exercise. I'm training a lot more now than when I lost, not just to keep my weight, but because I think it greatly reduces stress and keeps me balanced. Willis ran her first marathon last fall and is now training for a triathlon by taking 6 hours of cardio (cycling, swimming and running) and two 20-minute strength training sessions per week. She eats 2,500 to 3,500 calories a day and uses the Diet and Fitness Journal at fitday.com to track her nutrients. Their secrets give themselves a blanket. If you start to get about 5 pounds above your target weight, be more conscientious about what you eat until the scale drops back down. Celebrate small victories. Be to eat a piece of fruit instead of chocolate cake – you could have given in to temptation. Be proud when you run for 10 minutes, especially if you've never done it before. Be happy for yourself! Are you a weight loss winner? Tell us your and you could be featured in the magazine! Be inspired! Read more weight loss success stories. This content is created and managed by a third party and imported to this page to allow users to provide their e-mail addresses. For more information about this and similar content, see [piano.io](#) piano.io

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