

THE COMPLETE GUIDE TO

THE #1 WALKING WORKOUT TO LOSE BELLY FAT



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About Olga

I help women 40+ lose weight, optimize their health, and age with confidence through evidence-based nutrition, nutrigenetics, and sustainable lifestyle strategies.

My work combines science, personalized guidance, and practical solutions that fit real life—helping women achieve lasting results without restrictive dieting.

Because the goal is not simply to lose weight. The goal is to build a healthier, stronger, and more vibrant version of yourself.



Introduction

At 40, I realized that staying healthy and lean was no longer as simple as it had been in my twenties.

Hormonal changes, stress, lack of sleep, a busy schedule, and years of putting everyone else first started to show—not only on the scale, but in my energy, mood, and overall wellbeing.

As a nutrition professional, that was a humbling experience.

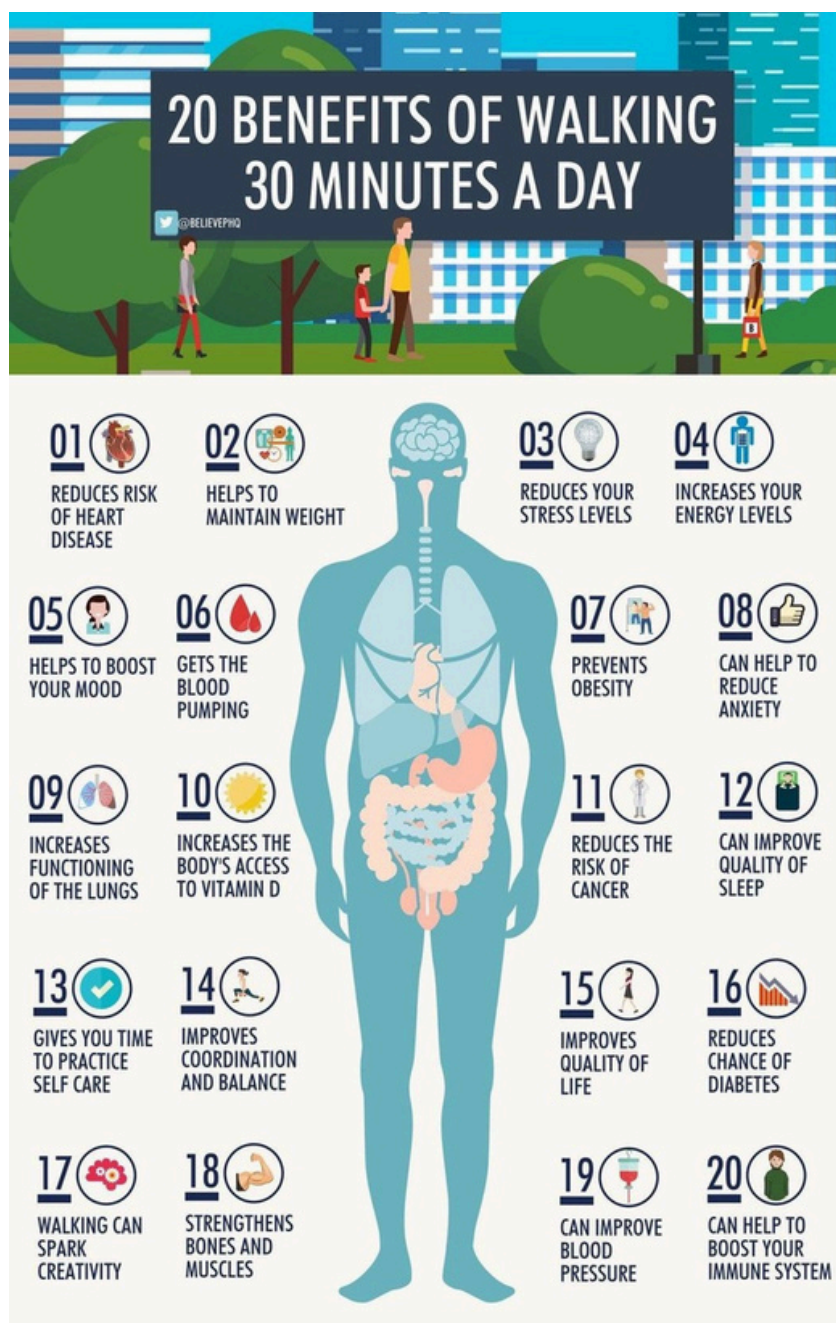
It reminded me that no woman is immune to life's challenges, regardless of how much she knows about nutrition.

That journey led me deeper into the science of metabolism, behaviour change, female health, and nutrigenetics.

Today, I help women 40+ stop fighting their bodies and start understanding them.

Because when you understand your body, weight loss becomes simpler, health improves, and confidence naturally follows.

Walking Is The Most Underrated Tool For Fat Loss. Here's Why...



If you go on social media, you'll see everyone touting the benefits of "Zone 2" cardio. But the reality is, while Zone 2 *might* be good from a longevity perspective, it sucks for fat loss, and it's super inconvenient.

- You gotta do too much to get a benefit. Around 120-180 minutes a day are recommended, and, quite frankly, not many people have enough time for that sh*t when you're lifting, taking care of kids, and trying to advance in business.
- You invite injury. Too often, I've seen people do zone 2 and get injured due to misuse or doing too much too soon. And I get it, you need to run slow, but even doing that over long distances has its inherent injury risk.
- Risk of muscle loss. Long-distance cardio can invite muscle loss while also doing nothing to eliminate visceral fat (more on that later).

Walking, on the other hand, is underrated. Humans weren't born to run long distances; we were trained to walk, sprint, and lift.



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- 1.You can do it while doing other activities. You can literally walk while watching sports, Netflix, or doing Zoom calls. If you get good at it, you can even walk while typing. I got a walking pad (see pic) under my standing desk, and it's been a game-changer for my health and productivity.
- 2.It's low-impact. Walking is easy on the joints, no matter how much you weigh. I've rarely seen someone injure themselves while walking because it's literally what we're born to do.
- 3.It's easier to build and keep muscle. Because it's low intensity, your body is not trying to use energy from muscle to sustain itself while strolling. But that's not even the best part...
- 4.Walking is great at eliminating visceral fat (aka. dangerous fat). A few studies indicate that walking is efficient at reducing visceral fat, with one study showing that walking with a heart rate of 50% HRmax for 40-60 minutes, 5 times per week, led to significant reductions in visceral fat.

Walking has been the best tool for my clients and me to lose fat, build muscle, increase energy, and become the best versions of ourselves.

In fact, I used it myself to lose weight and get into my best shape in the LEAST STRESSFUL way possible. It's a wild story, but I'll save it for the next newsletter ;)

That said, if you're willing to play the long game and lose belly fat in a sustainable way, walking (and sprinting*) are the only types of cardio you'll ever need.

Here's how to do it...

Olga's note: Sprinting has a greater risk of injury. I would not advise someone who is obese or dealing with injuries to do sprinting until their issues have been resolved.

THE BEST WALKING WORKOUT TO LOSE BELLY FAT



Before getting into this, I need to say that if you're not trying to optimize your lifestyle, you can walk 8 to 15k steps a day and crush your goal of looking great naked.

If you want to optimize your time while walking, here's the workout I would suggest:

THE ASCENDING WALKING WORKOUT TOTAL TIME: 30 MINUTES FLAT

When doing this, I suggest getting an iPad or your phone to read a book, conduct a meeting, watch a video, or do some work. It will make the time go by much faster and may even increase your productivity.

Warm Up (0 to 5 minutes):

Start at a low speed (1-2.5, depending on skill level) and an incline of (0-1).

Phase 1 (5 to 15 minutes):

Increase speed by one level and incline by one level (e.g., Go from a 1-2 or a 2-3 in speed and incline from 0 to 1 or 1 to 2, depending on where you started).

You'll start to feel your body temperature rise.

Your body will get into more of a groove as time goes on.

Phase 2 (15-25 minutes):

- Increase incline by one level and speed by .2 to .5
- You'll find the body is warmed up by this time.
- Breathing becomes slightly more difficult, but you'll get used to it.

Final Phase (25-29 minutes):

- Increase incline by 1 or 2 levels and speed to .2 to .5
- This is the highest intensity, causing heavier breathing and sweating.
- You'll have to consciously swing your arms at this point.

Cool-Down (29-30 minutes):

- Return to your warm-up settings.
- Breathe in through the nose and out through the mouth to lower the heart rate.

Now, if you don't want to do this on a treadmill and prefer to do this outside, it's best to wear a Garmin, Apple Watch, or even your phone.

You'll be tracking your pace. While you won't be able to mimic the incline on a treadmill, you can swing your arms a bit more to enunciate the walking pace and burn more calories.

Congrats. You Just Walked Your Way To A Slimmer Stomach.

Will this workout magically trim the inches off your belly in a matter of days? No. It doesn't work like that.

We add this to our lifestyle because we feel good after doing it. Reducing belly fat is just a bonus.

After doing this, you will realize that your brain will work better, be less stressed, be more creative, and have more energy than you know what to do with.

Seeing your belly fat go down and your visceral fat disappear is a bonus compared to the above.

You've got a new tool in your fat-burning arsenal. Now it's time you use it.

Let me know how your first session goes. I hope this helped you become a bit healthier this week.

Onwards and upwards. 🚀

Olga

Are you ready to take control of your fitness and unlock your highest-performing self?

The **SLIM OVER 40** is an exclusive coaching program designed for business owners, founders, executives and high-performers who want to get in the best shape of their lives without sacrificing time, energy, or business success.

Working directly with Olga, you'll learn:

- ✓ How to maximize fat loss and muscle gain with minimal time commitment
- ✓ The nutrition strategies high-performers use to sustain energy + focus all day
- ✓ How to build discipline and habits that make fitness effortless
- ✓ Proven accountability systems that guarantee results—even on a demanding schedule

This program is for you if:

- ✓ You struggle to stay consistent with your fitness because of a packed schedule
- ✓ You want to lose weight, build muscle, and feel more confident without spending hours in the gym
- ✓ You need a structured, sustainable plan that works long-term
- ✓ You value expert coaching and accountability to ensure you hit your goals
- ✓ You're ready to stop guessing and finally follow a system that delivers results

This is NOT for you if:

- ✗ You're looking for a quick fix or overnight transformation
- ✗ You refuse to track progress or follow a proven system
- ✗ You're not willing to prioritize your health and put in the work
- ✗ You prefer random workouts over a structured, results-driven plan



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