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Published on 05/12/2020 Experts say walking is one of the most underrated exercises. It's easy on your joints, running your big muscles and drives your heart and lung strength. Walking is something most people can do, but how do you take it to another level? We have 3 simple solutions to help you burn more calories on your daily walks. (c) - GettyCarrying or adding weight to yourself while walking will help you use more muscle because it makes it harder to walk. Adding weight in different steps to your workout level is safe and allows you to improve overall strength and burn more calories. Weighted vestThis is a variant of the vest you wear that has little weights attached to it. The vest can evenly distribute the weight over the shoulder, back, chest and core. Photo (c) AmazonWater bottle holder PocketBuy on AmazonWeightd backpackAnother option weighted backpack or backpack. You can add or remove weights with this option and it is also a great way to carry other items like wallet or snacks. Photo (c) AmazonWater-resistant polyester side bag for water bottlebuy on AmazonLight dumbbellsif you prefer nothing to tie to your body, just holding and walking with light dumbbells will do the trick. Photo (c) AmazonComfortable foam coversHelps tone your armsBuy on AmazonIf you prefer not to carry weights and then adding to weight exercise every few minutes includes strength training for a walk. Some weight exercises to include are: Push-UPSPlanksJumping jacksSkipsLungesSquatsGrab itself a timer and add to these body weight exercises every 5 minutes for a minute or so and then continue the walk. Exercise timerPhoto (c) AmazonChime and vibration notificationsStopwatch and interval featureBuy on AmazonSwitching your walking path is a good change of scenery and helps ease boredom walking the same route, so why not find a hill nearby for increased intensity? Walking up and down the slope several times is a great cardio drill and will help you work your buttocks more often. You can even add some canes for extra balance. Walking sticksPhoto (c) AmazonTough lightweight aluminum Comfort cork handlesBuy on AmazonOverall, walking is an easy option for everyone to get their exercise done, but make sure to talk to your health care provider before you increase your intensity. We all love going to the gym. It's good that this bare faced lie, but some of us and many of us are reluctant to admit that it is very helpful at best. However, when the gym (or pool, or leisure center, or dance class) is not available to us, it's time to push back the sofa, dust off the yoga mat and try some at-home apps Whether you're fully stocked with weights and stripes, or think that down dog sounds more like a dodgy cocktail, there's an on-home fitness app for every level, interest and term. We rounded rounded Our favorite... 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