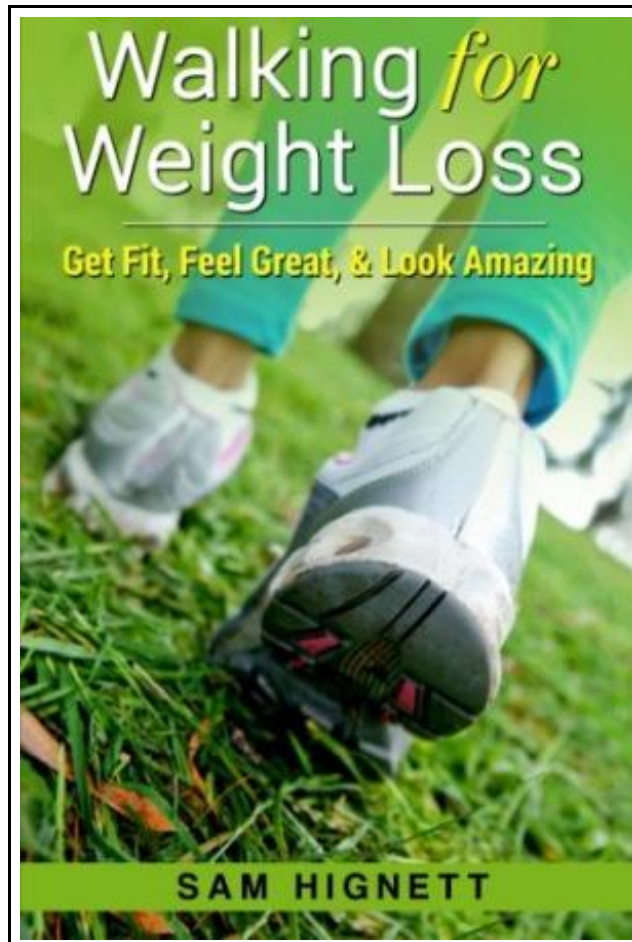


Walking for Weight Loss: Get Fit, Feel Great, and Look Amazing



Filesize: 2.27 MB

Reviews

It is a single of my personal favorite ebook. I am quite late in start reading this one, but better then never. Your life span will likely be enhance once you total reading this article publication.

(Russ Mueller)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Walking for Weight Loss, A Guide on Walking for Weight Loss, Getting Fit, and Feeling Great It Really Is Easy Walking To Lose Weight Are you self conscious about jogging in your neighborhood to get fit? Do you want to lose weight and feel great? You don't want to spend your hard earned cash on expensive gym membership? If you have answered yes to any of these questions then this book is for you. Walking is something we all do in our everyday lives and by taking just a few extra steps each time you can take one big step to becoming slimmer and more healthy. Whatever the initial motivation, the desire to get fit and improve your health is usually the driving force for people wanting to start exercising Walking is a fun and rewarding challenge. What can be easier than doing something we already do everyday without too much thought to get fit. Lets face it going to the gym or running around your neighborhood doesn't sound too appealing most of the time, not to mention the added cost of gym membership! Here's A Preview Of What You'll Learn. The Health Benefits Of Walking Selecting The Right Walking Kit Essential Information To Get You Started Strolling Or Power Walking Preparing and Warming Up 10,000 Step Program Staying Motivated Cooling Down Routines And Much More! Get your copy today to receive all of this information! Tags: Walking for Weight Loss, Walking for Fitness, Weight Loss, Walking For Fun, Walking, Walking to Feel Great, 10,000 Step Programme For Walking, Walking for Dummies, Walking Books, Exercise, Fitness, Running, Jogging.



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