



Walking Your Way to Fitness: A Simplified Guide to Burn Calories and Lose Weight by Walking (Exercise & Cardio)

Francis Rowe

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Tired of complex aerobic routines and expensive gym memberships that go nowhere? Do you wish there was an easier way to burn calories and lose weight? The power of walking can be sorely underestimated. You needn't spend your time trying to run a marathon or risking injury or worse due to pushing your body too hard and too fast. Not only is it possible to burn calories and lose weight during a walking routine, it's extremely beneficial for your body, too! Get the facts on why exercise is important for your body, how to prepare yourself for your upcoming lifestyle changes, and how to lose weight by doing nothing else but walking.

Here is a preview of what you will learn from this book:

• How Exercising Affects Your Body • What Most Americans Do Wrong Every Day • Why Running Isn't As Good As You Think • The True Power of Walking • How to Get Started On Your Weight Loss • Timed Programs and Schedules to Walk and Lose Weight Now • Tips on Keeping Proper Form • Common Mistakes By Beginners • And Much More If you need a simple program to start losing weight today by simply walking, look no further. Order today and get down to the weight you've always dreamed of!

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