



# Get Up and Move: Pedometer Walking Program for Better Health

*Patti Graham*

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# Get Up and Move: Pedometer Walking Program for Better Health

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**Get Up and Move: Pedometer Walking Program for Better Health** Patti Graham  
**Easy Walking Program**

**Want to lose weight and get in shape? \*\* No gym membership needed. \*\***

This step-by-step Pedometer Walking Program, designed by long time exercise enthusiast Patti Graham, will guide the reader to get in shape and achieve better health from walking. The New York Times, among other popular publications, praises this activity with numerous articles stressing the merits of walking.

Getting in shape, or at least getting healthy, is a challenge for many. Who has time and who has the energy? In *Get Up and Move*, walking enthusiast Patti Graham offers a **sensible and easy plan** to increase your walking activity level so you can look and feeling better.

*Get Up and Move* will guide the reader to understand how to:

- \* Determine Current Activity Level and What It Means
- \* Creative, Fun and Safe Ways to Increase Activity Level
- \* Setting Short-Term and Long-Term Motivational Goals
- \* Tried and True Ideas to Help **Stay With It**

Also included are sections pertaining to Health Related Benefits, Tips for Success, Interval Training (**HIIT**) and Nutrition.

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