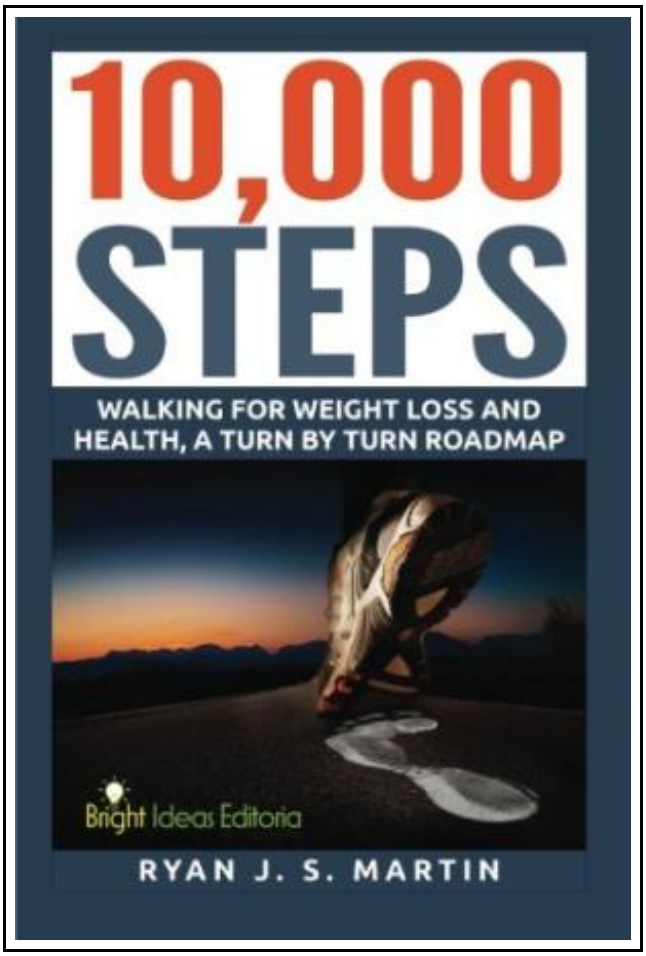
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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.How to Lose Weight and Improve Your Health by Walking for Fitness I Believe Walking for Weight Loss Should Be both Fun and Effective I Want You to Accomplish Your Weight Loss Goals and I Can Show You How In 10,000 Steps: Walking For Weight Loss, Walking for Health you will learn how to: Lose up to 50 pounds this year by walking 10,000 steps a day.without dieting There s been a lot of talk about taking 10,000 steps a day lately. Everyone from your doctor to your smart phone is busy counting how many times you put your left foot in front of your right. But what does it all really mean? Is this another gimmick or a fad? Is it really possible that just ambling about a bit longer each day will lead to lasting weight loss and better health? If it doesn t feel strenuous, can walking for exercise actually strengthen muscles and burn fat? 10,000 steps is how many miles, anyway? In this book, I take critical look at the idea of walking for weight loss and health. I discuss my research on the preventative effects walking offers against heart disease, type II diabetes, depression, stroke, stress, osteoporosis, and even the common cold. I detail the relationship between walking and weight loss, and outline a progressive plan for walkers at any fitness level. Figure out which fitness gadgets and apps you need to get started walking for weight loss With so many fitness bands and apps on the market, how do you know which are the right ones to get you walking for life? Do you need to spend a lot of money? Should...

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