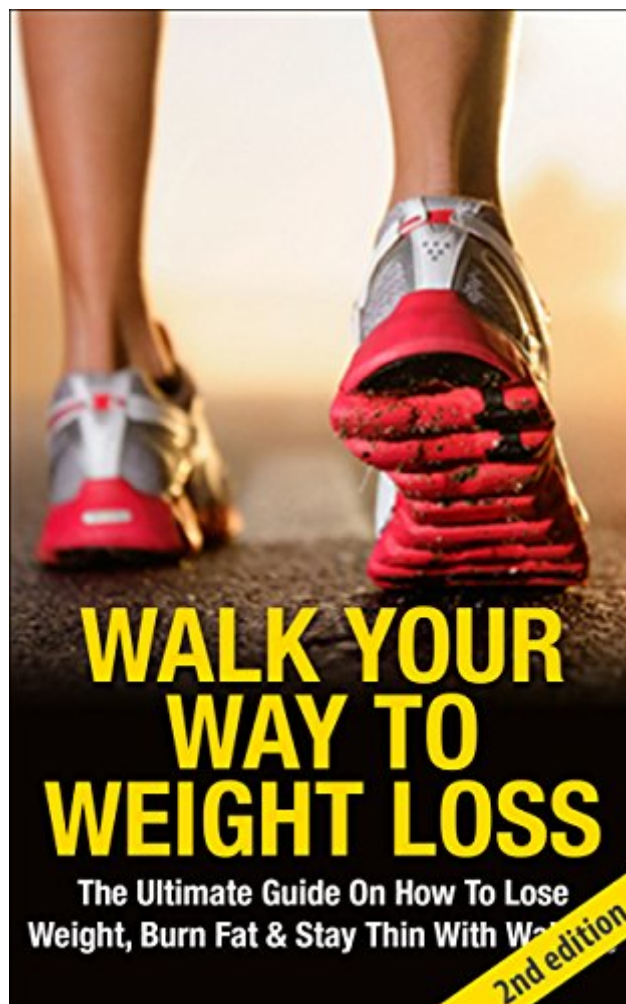


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# **Walk Your Way To Weight Loss 2nd Edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, Work Out, ... Stay Thin, Energy, Fitness, Healing)**





## Synopsis

Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking

Walking is amazingly one of the easiest, cheapest, and safest ways for you and everyone else to get up and start exercising. Health experts all agree that a 30-minute, moderate physical activity on most days in a week is a must, and walking is one of the best examples around. There have been so many reported health benefits of walking, like reducing the risks for certain medical conditions (heart disease and high blood pressure), reducing depression, making us much happier and livelier instead, helping us all to sleep better at night (which is simply what everyone wants these days), and of course WEIGHT LOSS. Better yet, think of walking as an all-in-one package program with all the amazing health benefits. Nothing could be better than this. The same health experts also agree on the fact that engaging in physical activities regularly is your strong foundation for good health and well being, and walking happens to be the easiest and cheapest way to become physically active. Simply grab a good pair of shoes and you are all set to brisk walk (by the way, brisk walking is highly considered an ideal moderate-level physical activity) your way to weight loss and staying thin forever. Walking burns off all those unwanted fats dangling in our bellies so they could be converted into fuel our body needs.

Here Is A Preview Of What You'll Learn...

Understanding the Role of Walking in Losing Weight  
Six Scientific Facts About Walking  
Why Walk Your Way to Weight Loss?  
Before Starting Your Walking Program  
Your Walking Form  
Walking Your Way Towards Weight Loss  
Walk This Way, Walk That Way  
More Smart Walking Ideas  
Using Pedometer in Walking to Shape Up and Slim Down  
Walking to Lose Weight Success Stories  
Walking Workout Plans and How it Works  
Additional Facts About Walking  
Joining a Walking Club  
Much, much more!

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Tags: Walking, walking to lose weight, exercise, fitness, fitness & health, healthy living, energy, metabolism, working out, everyday exercise, everyday walking, 10,000 steps, running, hobbies, health & fitness, diet, dieting, exercise & diet, walking for women, walking for men, muscles, endurance, fitness training, outdoor activities, hiking

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## Customer Reviews

Walk Your Way to Weight Loss was a quick read. I got the book because the title spoke to me. Over the years I have put on weight and never seem to have the time to do much about it. Reading Lindsey's book showed me how easy it is to just carve out half an hour, at the least three times a week, and start walking to drop pounds, feel better and stave off potential health issues. I liked how Lindsey showed that by just increasing the pace at which we walk, calorie burn can double. Thank you Lindsey. I'm on it. Starting right after this, I'm throwing on my walking shoes and taking the first steps to losing weight by walking

Loved this book. It help me understand that if I walked with correct form, at a challenging speed then i would come across some weight loss. I am going to start and see what results are in my future.

I lost 30 lbs. two years ago thru brisk waking and a healthy diet with lots of fruit and vegetables, lean protein and minimal sugar and processed carbs. I have since gained back 10 lbs by not eating right and not walking. This book made me realize that what I did in the past was the secret to me losing weight. This book is common sense and encouragement for me to start walking again. The key is brisk walking for rapid weight loss.

Walking is one of the easiest ways to begin your weight loss journey. Walking was, in fact, the only exercise I did when I started to lose weight. But there are a number of factors to consider in order to really make the most of your walking. I think this book is great because it shows you all the

information that you need to know about walking like the planning your walking shifts and doing it in the right way. I hate running but I wanted to lose weight, so this is the perfect book for me! Tons of info on how to turn walking into an effective weight loss program

I am a person who all the entire life has been suffering from weight problems, due this problem I could not practice any sport, but fortunately not a long time ago I found this interesting book, and then I decided to buy it. This guide helped me understand exactly what power walking is, as well as understand the health benefits. I never realized how good it was for you. Definitely a good read and I learned something too. Since I started to read this book I have watched myself at the mirror and I love the results. I would recommend this book to anyone that would ask for good reasons to start a walking program.

I've always have been a very active person, i like take walks every day, so i could never understand why i was always gaining weight. That's why this book gets my attention, and when i was reading i was able to understand it, it helps me a lot because i realized all my fails, it teaches not only the right techniques to have walks, also they encourage you to take challenging speeds when you do them, the author also gave me the information i needed to become my own coach. Now i have lost 3 pounds in a few weeks, and i keep walking everyday not only for the lost of weight i'm having but all the benefits it brings to my health and now i know thanks to this book

searching techniques to improve my health I found this book Walk Your Way To Weight Loss shows basically suitable for walking techniques. to help you lose weight with an amount very detailed exercise daily, I think that helps a lot because we all walk every day and exercise form the book shows teaches techniques more appropriate to do so, ie can take advantage of things You do every day but the right way to improve your health, it's the best news I've heard. the best walking techniques intelligently also tells you how to calculate the calories and how far you should go for maximum effectiveness, take care of yourself and good luck.

Disappointing book. I was expecting a short, snappy, informative book on the topic of walking. Perhaps filled with recent studies, findings, and techniques. Unfortunately it failed on most accounts. On the positive side, it is a short book and makes a very quick read. Not recommended by this reader because of poor use of the English language, poor sentence structure, weak claims (think because I say so). repetitious themes. There are other, better books on the market (or spend

a few minutes reading web search results materials).

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