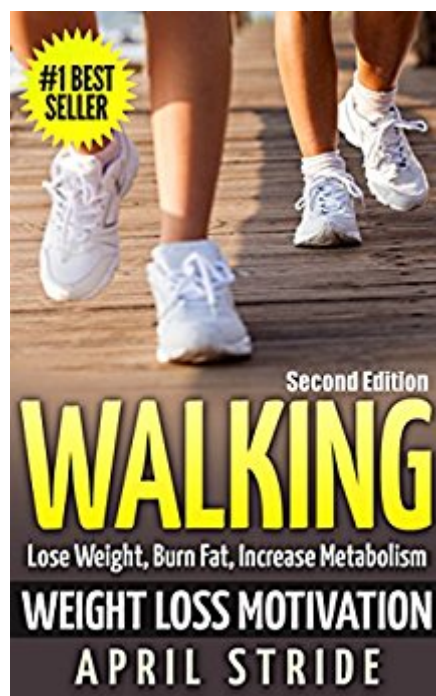


The book was found

Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking To Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)



Synopsis

#1 Best Seller! Find the Motivation to Walk Your Way to Health! 2nd edition - new content just added at no additional cost - now in paperback! No matter how much time you spend on your work and family, there's no escaping the fact that you have to take care of yourself, too. Have you ever wished you could get up off the couch and get healthier? Don't wait - let **Walking: Weight Loss Motivation - Workout Plan to Burn Fat and Lose Weight** give you the courage and energy you need to succeed TODAY! You'll discover the many benefits of walking, both physical and mental. **Walking: Weight Loss Motivation - Workout Plan to Burn Fat and Lose Weight** helps you understand when and where to walk, what to wear and how to get others involved in your healthy habit. It gives you the motivation you need to truly succeed! ... Read this book for FREE on Kindle Unlimited - Download Now! ... **Walking: Weight Loss Motivation - Workout Plan to Burn Fat and Lose Weight** also helps you understand how to get the right nutrition for weight loss. If you watch what you eat, choose clean foods, and hydrate your body, you'll see even greater results in your walking habit. Learn what slimming foods you can try RIGHT NOW! In this book, you'll discover an Amazing Workout Plan for Losing Weight and Burning Fat. These workouts will strengthen your abs, arms and thighs. You'll even find out about the After Shower Workout! Download **Walking: Weight Loss Motivation - Workout Plan to Burn Fat and Lose Weight** NOW to find out how this simple and easy exercise can revitalize your life! You'll be so glad you did!.

Book Information

File Size: 745 KB

Print Length: 104 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 3, 2015

Sold by: Â Digital Services LLC

Language: English

ASIN: B00YTH3V42

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #200,943 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27

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Customer Reviews

Some people feel the need to always be in the gym heavy lifting and doing all of these crazy work out routines. I believe that not everyone is capable of doing a lot of heavy lifting and exercising so the fact that simply walking is a work out goes to show how fascinating the human body is. I think that as long as you try and you keep your body in motion everything is fine. I'm glad there's a book out there for people like me that like to relax while working out and still keeping the body right!

Garth Brooks said "You aren't wealthy until you have something money can't buy." Living a healthy lifestyle is PRICELESS! This book is short sweet and full of useful information, that if you use should help you reach your weight loss goals. I have been a nutritionally oriented nurse for 17 years, so I know about health challenges and more importantly how to avoid health challenges. I knew walking was a form of exercise but this book reminded me of the additional benefits of walking. This book is a complete guide to weight loss; you will learn about the physical, mental, emotional and dietary aspects of getting results that last! This is not a book about dieting, rather a book about living a healthier lifestyle. I highly recommend this book to anyone who seeks to live a healthier lifestyle.

I walk my dog every day twice a day, and that's my companion. Talk about a motivated individual, my dog keeps me moving well. This manual tells about how to lose weight, and walking is a large factor, but certain exercises, and eating "clean" (no fast, processed food) keeps you regulated. Just try to stay healthy, and walking daily helps.

It could not be much more clearer the benefits of walking and what it does to help lose excess weight. A lot of the population including me are gaining extra pounds because of the kind of food that we have. The best and easy way to reduce the risks of obesity is plainly by walking. As explained in this book in details, various factors are contributing to weight gain and how one can easily address it. This book is a complete guide in beginning walking exercise including pre stretching activities, the right kind of footwear and socks, and many more. What is more nice about this guide is that it contains exercises that will help tone a body part.

Amazing part for me because this is my first time to know that there's also a benefits on walking. It could help our body in many ways like losing weight, getting fit, burning fat and could really deliver you to positive results. It sounds interesting and could really convinced anybody to give this book a try because it's just simple yet could give you great outcome. I'm excited to try it within my rest day because there's nothing to be excused I'll just walk and be fit.

This was a really nice book to read. For those of us who don't like intense physical exercise it was just right. It gave great tips and was exactly what I was looking for. If you want to be fit, healthy aand feel good then try this book :)

I love to walk because I believe itâ™s the simplest yet effective way to lose weight. This book just proves me right and that we all should not take walking for granted. The book clearly explains its benefits and how we can maximize the potential of walking to loosen those tight muscles and carving those extra pounds off. This is probably the most comprehensive book Iâ™ve read because it tackles sub-topics in relation to walking like the proper footwear to use, proper warm-up exercises, and other more. Kudos to the author!

Awesome! This is a quick and easy read with solid tips and recommendations on how to follow a walking plan to lose weight and feel great. I like that it provides a common sense approach, and encourages you to set up an easy to monitor walking program. It is a well though out step by step method for obtaining optimal health by walking and I like that it also tells you exactly how walking and fitness will drastically improve your body and mind. Worth recommending book!

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