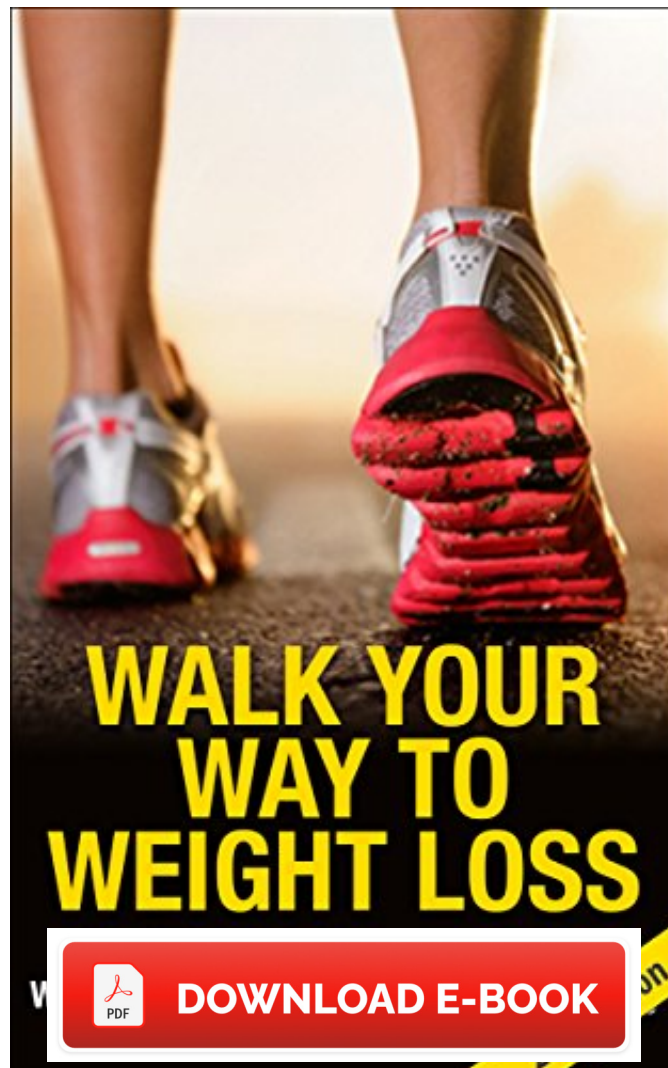


**Walk Your Way To Weight Loss 2nd Edition:
The Ultimate Guide On How To Lose
Weight, Burn Fat & Stay Thin With Walking
(Weight Loss, Exercise, Work Out, ... Stay
Thin, Energy, Fitness, Healing)**

by

Lindsey Pylarinos



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!

Download your copy today!

What people say about this book

Elizabeth Pavlovna, "Easy Peasy ... putting on my walking shoes!. 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"

Michael J., "quick motivational guide. This book was well written and catered to a general audience who could use a 'pep' talk on how to get motivated to lose weight with the introduction to proper walking techniques. The book is easy to read and is concise with all points and recommendations obtainable for walkers. My biggest fear is that Zombies may read this book and fasten their techniques and pace.lol. (-:Big thanks to the author and their team for this great book and I look forward to reading future publication. Best of luck to all in their fitness endeavors and let's close out 2014 on a healthy note and welcome 2015 and beyond with a livelier & prosperous body, soul, mind, and heart."

Luis Alejandro Rojas, "Recommended.. This book is very motivating especially for a beginner or someone not looking for a traditional diet plan. Walking is the easiest and cheapest form of exercise and also it helps to improve your health. Interval training is included as well. I am sure that with this you will lose weight, you just have to try. This book is helpful for a healthier lifestyle with minimum cost and can help many people stay in shape. Reading the book is like talking to a personal trainer who tells you, "The key is to keep and trying harder and push a little more, when you feel like giving up.""

Ruby Mills, "Walking is good for so many things and can be done for I got a FitBit for Christmas and wear it when I walk daily, but I figured I could get more out of this type workout, so checked out this book. The health and mental benefits of walking are discussed here, as are the variants and mechanics of walking. The right kind of footwear and how to prepare to begin a walking program depending on your fitness goals are also covered. Walking is good for so many things and can be done for free, anywhere, any time."

Michelle, "Encouragement to walk on. I lost 30 lbs. two years ago thru brisk walking 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."

T. Williams, "No-nonsense info and motivation for the best exercise of all!. Provided motivation and information to get me re-started on my walking program. I also loved all the extra ideas to make my walks a full body workout (i.e., exercise bands to throw in some arm moves during walks). Great little book, and a quick read."

Geryon, "Four Stars. This was bought for my partner and she is already using it to prepare herself for cross country walks"

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