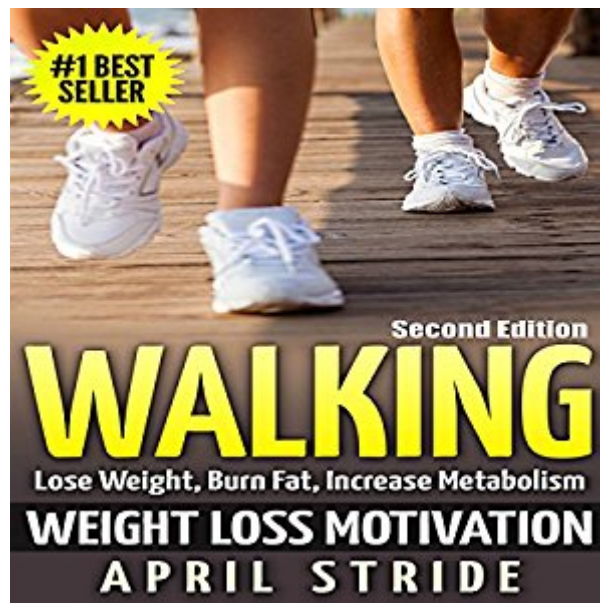




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# Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism, Second Edition



## Synopsis

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* 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* 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! This book 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 this book now to find out how this simple and easy exercise can revitalize your life! You'll be so glad you did!

## Book Information

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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 workout 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 workout 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!

When you have one bad ankle like mine, jogging and many other fitness options are not an option at all, however walking does not put all that much stress on my ankle and can be fun. This book shows how to lose weight, keep in reasonable shape (walking helped me get rid of back pain) and avoid possible fitness related injuries. Perfect book for my age and fitness level.

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.

I grabbed this book from the wake of my curiosity, but after reading it, I realized that how helpful this book was. Throughout this book I have come to know how to burn my fat and increase metabolism only via effective walking. This book inspired me again and guided me how to do everything effectively. I am really glad to know all these things that the author described here. All these workout plans were really amazing and I am already trying to follow all those plans. Within a few weeks I got lots of improvement and for that reason I didn't wait to put down my honest opinion here. Great work April Stride and I am looking forward to read more books of yours.

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 found all of the topics in this book quite practically useful. But why I most particularly like this book is how easy it was to read. There are not technical terms and dry boring writing style, this is more appealing.

I like to live a healthy life and feeding is easy for me but to do exercise is difficult for me because my body is not yet enforcement, so I decided to start by the basic which would be to walk a little every day. This book gave me the encouragement that I needed to start my walks, I have information, and I feel confident, motivated and ready. Every detail was taken into account, from the clothing, food, the before, during and after training and extra routines that we can do to complement this exercise and achieve better results. I loved this book is very complete.

I like to take care of my health and my body appearance, but sometimes I feel that I need more motivation to exercise and have the body that I want. So, I decided to find a way to do it and I got this book. It is an excellent book, well developed, which gives you information and tips needed to increase your motivation, increase fat loss and improve your health. I recommend it

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