



Walking for Weight Loss: Get in Shape, Feel Confident and Be Healthier for Life (Paperback)

By Andy Johnson

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Want to walk but don t know how to start? Can you spare a few minutes a day to gain a healthier body? Do you have extra energy that you would like to exert? Want to lose weight, but don t know which way is right? If you answered yes to any of these questions, then this is the book for you! Walking for Weight Loss will take you step by step, and show you the advantages of walking. This book applies methods that can be used by anyone regardless of their fitness level. You can learn how to trade bad habits for good habits just by following some of the positive suggestions given in this book. Change is usually never easy but when it is for the better of your over-all well-being, then it is well worth the effort. Take the first step towards a life you can truly begin to enjoy by reading the steps and strategies. This book offers you a guide on how to achieve the desired results that you are seeking. In Walking for Weight Loss,...



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