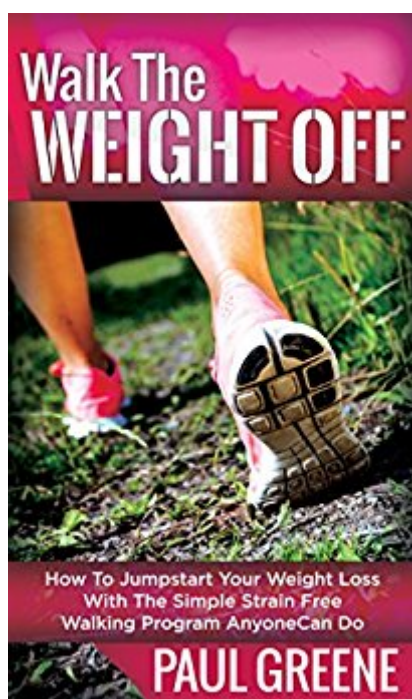


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Walk The Weight Off: How To Jumpstart Your Weight Loss With The Simple Strain-Free Walking Program Anyone Can Do



Synopsis

Walk The Weight Off: How To Jumpstart Your Weight Loss With The Simple Strain-Free Walking Program Anyone Can Do Are you looking for an exercise program that can be done almost anywhere and anytime? One that offers many health benefits including weight loss, lowered blood pressure and lower cholesterol without damaging joints or tendons? One that requires a minimum of equipment? That is suitable for all ages? You are probably aware that doctors recommend walking as the most basic form of exercise to achieve good health goals. That's why walking tracks have sprung up all over America in recent years. However, you may be less aware of one form of walking, called power walking, that provides benefits that are equal to, or possibly exceeding, the value of jogging. This book is an introduction to power walking. It covers everything you need to successfully launch into this life-changing exercise experience. In *Walk The Weight Off*, you will learn:

- Six well-researched health benefits of power walking
- The types of walking courses and how to choose the best one for your purposes
- How to select the right clothing and equipment
- Five types of warm-up exercises that will improve the benefits and safety of your walk
- Some tips to be considered by beginners starting power walking
- Differences between beginner, intermediate and advanced power walking routines
- Ways to use a pedometer to increase your daily steps to 10,000
- About using a treadmill during bad weather

The author includes both the information and the motivation you'll need for success. By the time you finish reading: You will know everything necessary to begin and to succeed in a power walking regimen. You will know how to track your progress using both smartphone and paper records. Take action now. Scroll to the top of the page. Click the BUY button. Beginning reading this book. More importantly, start getting the benefits of power walking.

Book Information

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Customer Reviews

After months of rehab work on my shin splints I have started power walking with the aid of his book. Not only is it less jarring on my legs but I really feel the benefits after doing this for a week. This book provides excellent information for a beginner getting for or someone coming back from injury like myself, I recommend this book to anyone who wants to exercise safely and effectively and get the best possible start to prevent injuries.

Excellent book on the basics and benefits of power walking delivered at a non-stop pace. I am a dog walker and have always loved walking but this book puts a new dimension on walking for me. I'm going to change my walking style a bit while walking the dogs.

This book provided everything I needed to know about walking and power walking! I live a very sedentary lifestyle where I work all day in front of the computer. It's hard to motivate myself to go to the gym or do anything too strenuous. Power walking seemed like a way for me to get back into leading a more active lifestyle but I just needed some more information. Luckily the book explained exactly what kind of shoes you need, what routes to take, warm-up exercises, and even which clothes to wear. The routines range from beginner to intermediate and to advanced so the book has something for you no matter your skill level. This is a highly comprehensive guide to power walking that I'd recommend to anyone.

I recently started a new job that has a beautiful campus with a walking path surrounding it. Several people walk during their lunch hour or on breaks and I keep being asked to join in the "power walking" group. I'm not ashamed to say that while I've heard of power walking, I've never done it. This guide helped me to 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.

Walking is probably the best way to lose weight and stay reasonably fit, most people are so focused on jogging even though it's a killer on ankles, tendons and joints. Walking is also much cheaper, you can use practically any comfortable shoes and clothing and can do it in almost any weather conditions.

I always have a hard time getting into exercising, so I found this book to be a great help!!! I never really thought about walking as exercise, but it is, and it can really help in losing weight and getting more energy. loved this book, highly recommended

Awesome book for beginners looking to begin some kind of fitness routine. This will provide you the plan of how to get started. If helped me it can most certainly help you as well to get started to having better health.

This book reads more like a long encyclopedia entry. There are no diagrams, illustrations or pictures but lots of instructions that your foot has to be held this way and your arms that way. Here, a picture would have been worth a thousand words. Also, every power walker (or exerciser for that matter) who enjoys doing what he is doing always has lots of stories to tell. Sadly, there is not even one in this book.

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