



Walking: The Ultimate Walking Guide to Lose Weight- How to Burn Fat Fast, Lose Weight and Build Up Strong Muscles

James Branden

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How to Burn Fat Fast, Lose Weight and Build Up Strong Muscles

Today only, get this Amazon bestseller for just \$0.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device.

Have you tried several exercise programs but failed each time? You don't need to follow those programs anymore. You can follow a simple '10000 Step Walking for Weight Loss' routine and get the results that you always wanted.

Walking to Lose Weight- A true tale of Weight Loss Success

7 Reasons to maintain a Walking Habit

1. **Fight against diabetes-** Yes, you have heard it right. We all know that diabetes and heart related diseases are the most threatening ones in today's world. Don't you want to be free from these diseases?
2. **Save your Gym Expenses-** People usually don't want to go to the gym because it is costly. Sometimes the cost is too much to handle and it will drive you crazy. You would obviously want to save this money and you can do that by walking.
3. **Solve your Fibromyalgia related pain-** Fibromyalgia is a problem that results in aching of the joints, muscles and tendons. If you walk regularly following a certain plan, you will be able to get rid of this problem forever.
4. **Walk Daily, Get a better Mood and a Charged Sex Drive-** Walking allows you to keep your body in motion and it results in a healthy body and mind. You will be happier than before if you walk regularly. This happiness will result in a better mood. You will also be able to perform well in bed if you walk regularly.
5. **Have a reduced Stroke Risk-** Strokes are something that can destroy your life in a second. Start walking and the weight loss process will reduce stroke risks.
6. **Have a reduced heart attack and disease risk-** A huge number of people die in the current world only because of heart attacks or heart related diseases. You should not wait till the last moment. Start walking now to live healthier.
7. **Boost your Immune System to Fight against Diseases-** You will have a better immune system if you walk regularly. Your immune system will be stronger and you will not be as vulnerable to problems such as flu or cold.

This book will guide you and show you how you can lose weight practically and stay fit with the help of

walking.

Get a Sneak Peek of the topics

- Benefits of Walking
- Proper Shoes, Clothing and Gear for Walking
- Committing to a Walking program- Goals and Progress Tracking
- Take 10,000 Steps to Lose Fat
- Treadmill or Outdoor Walking?
- Nutritional Protocol such as Hydration and Food Choices
- Slow or Fast Walking?
- Positive Mindset to do Well
- Machines- Pedometer, Heart Rate Monitor, Walking Sticks etc.
- Join or Start a Walking Club
- Mistakes to Avoid as a beginner

Did you know that people living in “Blue Zones” walk more and live longer than other people? Yes, it is true. Blue Zones are the countries that have populations of citizens aged more than 100 years. Statisticians took tons of interviews and found that walking is the reason behind it.

Walking is an easy way to lose weight and it is effective too. You can take a long term strategy to lose weight by walking. This book will guide you so that you can achieve the lifestyle that you always wanted.

Don't You Want Great Health?

DOWNLOAD THIS BOOK RIGHT NOW!

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Patricia Vasquez:

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Rosemarie Pickett:

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Mildred Timm:

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there. So , not at all of book are usually make you bored, any it makes you feel happy, fun and relax. Try to choose the best book in your case and try to like reading that will.

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