



Walking for Health: How to use the Power of Walking to Improve Health and Achieve Weight Loss (Walking for Weight Loss, Walking for Health, Walking ... and Weight Loss Series Book 1) (Volume 1)

Elisa Howard

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This book provides you with useful information on walking as an important form of exercise that helps in reducing weight and improving health conditions. You will find information related to walking workouts and how to introduce walking into daily life. This book will provide you with in-depth information related to walking and how useful it is in improving health. You will also read about the 10,000 step a day activity challenge, which is the easiest method available to reduce weight and enhance longevity. The useful tips provide the most natural methods available for beginners to introduce walking into their life and continue with it to reap benefits.

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