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Walking for Weight Loss is a refreshing alternative to complicated aerobic routines and over-priced gym memberships. Walking is free, enjoyable and a natural part of our everyday life, making it an obvious way to slim down, tone up and get active on a daily basis. With step-by-step instructions on every aspect of walking, from the correct posture and warm-up exercises through to goal-setting and increasing the difficulty, Walking for Weight Loss is the perfect walking program. You won't just lose weight; you'll gain complete mental and physical health and a new, focused zest for life. Learn how to: • Set realistic goals • Assess how hard you're working • Try different styles of walking on all kinds of surfaces • Follow a compatible, balanced healthy-eating plan with recipes

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