



**Walking: Weight Loss With Walking: The  
Workout Plan That Will Help You Burn Fat And  
Lose Weight Fast (workout plan, Aerobics, burn  
fat, fitness over, ... weight fast, how to lose weight)  
(Volume 1)**

*Vernon Macdonald*

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# **Walking: Weight Loss With Walking: The Workout Plan That Will Help You Burn Fat And Lose Weight Fast (workout plan, Aerobics, burn fat, fitness over, ... weight fast, how to lose weight) (Volume 1)**

*Vernon Macdonald*

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## **Walking: Weight Loss With Walking - The Workout Plan That Will Help You Burn Fat And Lose Weight Fast**

*This book contains proven steps and strategies on how to lose weight and improve your health by walking. This is an equal-opportunity health and weight loss plan, a plan for rich and poor alike. It doesn't cost anything to change your life. You only have to go outside and walk. If you let this book inspire you to walk 15 minutes, three times per week, you'll want to do more. The health benefits of walking reach into every part of your body, improving your breathing (COPD people, this will help), your heart function, your blood pressure, your mood, and last—but certainly not least—walking helps you lose weight. There is no miracle cure that can help you; you must use your own willpower to help yourself. **Three 15-minute walks a week are all you need to start down the path to health and weight loss.***

**In Walking: Weight Loss With Walking - The Workout Plan That Will Help You Burn Fat And Lose Weight Fast you will learn:**

- Why the human body needs to walk
- Two important pointers for getting started
- How to "step it up" for a longer and more intense walking experience
- How to do sprintwalking, a form of wind sprints that will even work for older adults
- How a program of walking can change your life for the better, improving health and bringing weight loss
- How to develop your personal walking program.

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