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## How to lose weight and get fit by walking All the secrets of losing weight . . . walking

By Mr Andy T Bakas

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 56 pages. Dimensions: 10.0in. x 7.0in. x 0.1in. Today's fast-paced lifestyles, packed with daily worries and problems cause all of us anxiety, stress and uncertainty. Many hours spent at work and little time to play mean we often end up forgoing any form of physical activity. The result is that many people neglect their health, resulting in weight gain and lack of vitality and as time goes on, the emergence of health problems. We frequently hear people saying they want to get fit and lose a little or a lot of weight. They are then faced with the dilemma of choosing the best way to lose weight, deciding which are the best diets out there, and then making sure they stick to a diet and overcome all the temptation so readily available these days. In this book I will show you the best way to go about this and will reveal the secrets to achieving your target of weight loss, health, vitality and energy in your daily life and all that just by walking! My motivation to write this book is a desire to transfer my knowledge...



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