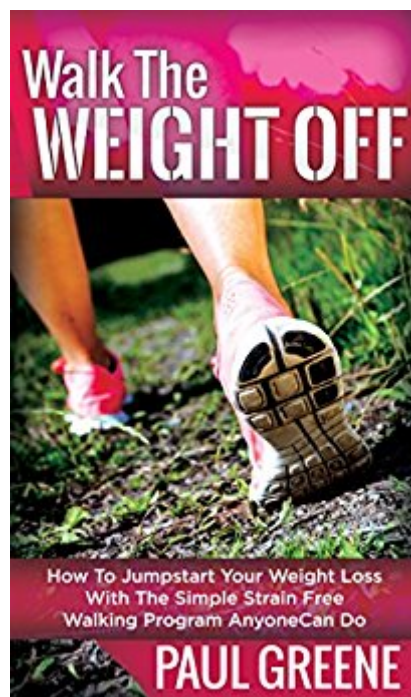




Ebook Directory
the best source of ebook

The book was found

Walk The Weight Off: How To Jumpstart Your Weight Loss With The Simple Strain-Free Walking Program Anyone Can Do



Synopsis

Walk The Weight Off: How To Jumpstart Your Weight Loss With The Simple Strain-Free Walking Program Anyone Can DoAre you looking for an exercise program that can be done almost anywhere and anytime? One that offers many health benefits including weight loss, lowered blood pressure and lower cholesterol without damaging joints or tendons? One that requires a minimum of equipment? That is suitable for all ages? You are probably aware that doctors recommend walking as the most basic form of exercise to achieve good health goals. That's why walking tracks have sprung up all over America in recent years. However, you may be less aware of one form of walking, called power walking, that provides benefits that are equal to, or possibly exceeding, the value of jogging. This book is an introduction to power walking. It covers everything you need to successfully launch into this life-changing exercise experience. In *Walk The Weight Off*, you will learn:

- Six well-researched health benefits of power walking
- The types of walking courses and how to choose the best one for your purposes
- How to select the right clothing and equipment
- Five types of warm-up exercises that will improve the benefits and safety of your walk
- Some tips to be considered by beginners starting power walking
- Differences between beginner, intermediate and advanced power walking routines
- Ways to use a pedometer to increase your daily steps to 10,000
- About using a treadmill during bad weather

The author includes both the information and the motivation you'll need for success. By the time you finish reading: You will know everything necessary to begin and to succeed in a power walking regimen. You will know how to track your progress using both smartphone and paper records. Take action now. Scroll to the top of the page. Click the BUY button. Beginning reading this book. More importantly, start getting the benefits of power walking.

Book Information

File Size: 2900 KB

Print Length: 36 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 16, 2014

Sold by:Ã Â Digital Services LLC

Language: English

ASIN: B00L2PM5WI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #547,396 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Individual Sports > Rollerskating &

Rollerblading #15 in Books > Sports & Outdoors > Individual Sports > Rollerskating &

Rollerblading #38 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise &

Fitness > Walking

Customer Reviews

This book provided everything I needed to know about walking and power walking! I live a very sedentary lifestyle where I work all day in front of the computer. It's hard to motivate myself to go to the gym or do anything too strenuous. Power walking seemed like a way for me to get back into leading a more active lifestyle but I just needed some more information. Luckily the book explained exactly what kind of shoes you need, what routes to take, warm-up exercises, and even which clothes to wear. The routines range from beginner to intermediate and to advanced so the book has something for you no matter your skill level. This is a highly comprehensive guide to power walking that I'd recommend to anyone.

After months of rehab work on my shin splints I have started power walking with the aid of his book. Not only is it less jarring on my legs but I really feel the benefits after doing this for a week. This book provides excellent information for a beginner getting for or someone coming back from injury like myself, I recommend this book to anyone who wants to exercise safely and effectively and get the best possible start to prevent injuries.

I recently started a new job that has a beautiful campus with a walking path surrounding it. Several people walk during their lunch hour or on breaks and I keep being asked to join in the "power walking" group. I'm not ashamed to say that while I've heard of power walking, I've never done it. This guide helped me to understand exactly what power walking is, as well as understand the health benefits. I never realized how good it was for you. Definitely a good read and I learned something too.

Excellent book on the basics and benefits of power walking delivered at a non-stop pace. I am a

dog walker and have always loved walking but this book puts a new dimension on walking for me. I'm going to change my walking style a bit while walking the dogs.

Walking is probably the best way to lose weight and stay reasonably fit, most people are so focused on jogging even though it's a killer on ankles, tendons and joints. Walking is also much cheaper, you can use practically any comfortable shoes and clothing and can do it in almost any weather conditions.

I liked this book because it was short and thorough and to the point. Thanks for making it an e-book. Jenny B.

I always have a hard time getting into exercising, so I found this book to be a great help!!! I never really thought about walking as exercise, but it is, and it can really help in losing weight and getting more energy. loved this book, highly recommended

Awesome book for beginners looking to begin some kind of fitness routine. This will provide you the plan of how to get started. If helped me it can most certainly help you as well to get started to having better health.

[Download to continue reading...](#)

Walk The Weight Off: How To Jumpstart Your Weight Loss With The Simple Strain-Free Walking Program
Anyone Can Do Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight)
Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips)
Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1)
The 14-Day Weight Loss Juicing Plan: 21 Quick, Delicious & Nutritious Juice Recipes To Jumpstart Your Weight Loss!
ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1)
Weight Loss: Weight Loss Instant Pot eBook, Eat What You Love But Do It Smarter! Simple Recipes To Follow
Weight Loss Smarts Points DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes

Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) Slow Carb Recipes: Simple Weight Loss Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb Weight Loss Book 1) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Weight Loss Plan For Women: Weight Maintenance Diet, Gluten Free Diet, Wheat Free Diet, Heart Healthy Diet, Whole Foods Diet,Antioxidants & ... - weight loss meal plans) (Volume 73) Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) NLP for Fast Weight Loss: How to Lose Weight with Neuro Linguistic Programming - Program Your Weight Loss Success Now Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss(Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights WHEAT BELLY: SLOW COOKER: Cookbook of 25 Grain Free Recipes for Weight Loss (Weight Loss, Low Carb, Grain Free,Healthy) Vegan: 101 Simple,Easy, Delicious Chocolate Plant Based Vegan Recipes for a Raw Vegan and Vegetarian Diet for Healthy Living and Weight Loss (Gluten Free, ... a Healthy Living Cookbook for Weight Loss)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)