

**Walking To Lose Weight [A 12 Week Walking
Workout Plan] - The Exact Plan For Losing Weight
One Step At A Time [Kindle Edition]**

By Susan J Campbell

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Walking is often recommended as part of a weight loss program. Find out how far, how fast, and how often you should walk as part of a weight management program.

A weeklong walking plan designed to burn 1,300 calories and firm trouble zones that an average walk ignores.

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This is a 5 point guide to walking to lose weight, aimed at identifying the key actions you can take to effectively, safely and consistently lose weight through your

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Pop quiz: Two women go walking. One finishes quickly; the other takes her time. They each burn about 400 calories. So who sheds more belly fat? The obvious answer: It

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