



Take. . .The First Step Presents Cardio Walking For Weight Loss

Lynn Gray

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This book gives the beginner walker a step by step guide of weight management while becoming fit through a vigorous walk to jog program. Together with the walking program, the reader will be provided with conditioning exercises specific to the walking and running movement. These conditioning exercises will strengthen walking muscles plus add flexibility. The reader will follow a healthy eating routine which coordinates with a progressive distance walk to jog schedule. The end result is to develop a fit lifestyle which will not only reshape the body but enable weight maintenance through a cardio based exercise and sound nutritional eating.



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