



Walk Thin - Walk Yourself Thin Burn Fat Fast! (Exercise for Weight Loss Diet Tips) (Paperback)

By Jake Jacobs

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever tried to lose weight, but found it very hard to stick to it? Well, now you can follow The Walk Yourself Thin Burn Fat Fast Plan and lose weight easily. You will learn: - Intro to walking: Why walking is an excellent exercise. - How to warm up, stretch and prepare your walk. Important walking gear. - How walking 10,000 steps makes you lose weight. How it burns belly fat. - Optimizing your hard work by cutting calories and adding nutrients. Food tips. - Advanced walking. Burn more calories in less time by power walking. - Walking: Developing the right mind-set for long term success. - Stave Off Age-Related Disease and a Variety of Common Health Issues - Reduce Chronic Anxiety and Depression - Say Goodbye to Excess Cortisol and Watch Your Waistline Shrink - Overhaul Your Eating Habits - Drop Pounds Regularly - Start With Your Feet - Choosing a Pedometer - Protecting Your Legs - Warming Up - Common Stretching Mistakes - Developing Good Breathing Skills - The Benefits of Diaphragmatic Breathing -...

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