



**Walking For Life - How To Lose Weight, Stay Motivated, Do Physical Exercise And Enjoy Life Without Effort: 10,000 Steps A Day Keep The Doctor Away - The Ultimate Health Guide (Health Session Book 3)**

*Bryan Richards*

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Everybody wants to have healthy and happy life and wants to achieve their daily goals. Some of us are really busy and maybe some of us really do not have any time for other activities to do physical exercise or other optional activities.

Losing weight is very common issue that a lot of people have and it's more and more difficult to achieve this goal, to lose weight. So what is the fastest and easiest way to do this, even if you do not have time or when you do certain things?

Well, here is your answer : Walking

Walking is one of the most simplest and one of the most efficient ways to lose weight and put your muscles to work. The question is : how are we supposed the walk and how much are we supposed to walk to lose weight and have a healthy lifestyle ?

The answers to these questions are in this book. By going through this book, you will learn:

- Types of walking
- When you can walk
- How to walk efficiently
- What is Power Walking
- How to lose weight while you are walking
- The Benefits of walking
- How much you should walk daily
- How much it is recommended to walk
- When is the best time to go for a walk
- How walking can change your life

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