



Slim Body: Impressive Results Walking 5 Miles Daily (Health & Fitness Ways To Improve Body & Mind) (Volume 1)

Charlotte Wise

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Have you ever struggled to lose weight for months, or maybe even years? The solution is inside this book. Start following the “Slim BODY” Impressive Results Of Walking 5 Miles Daily and discover how to improve your body & mind. Can walking help me lose weight? Absolutely. Read the “Slim Body” Impressive Results Walking 5 Miles Daily, and learn Step by Step how can you simply lose about 450 calories daily. Get motivated and inspired when you learn: 1. Introduction: Why Walking Will Help You Burn Fat And Keep You Fit 2. How To Keep You Motivated And Committed 3. Essential Walking Equipment 4. Impressive Results Of Walking 5 Miles or 10.000 Steps Daily 5. How Many Calories Walking Burn? 6. 8 Golden Rules Of Weight Loss 7. Successfully Walk Your Way To A Flat Stomach 8. Top 10 Health Benefits Of Walking Daily For Self-Confidence(Mind And Body) 9. Improve Your Walking Performance And Lose Weight Cutting Calories And Adding Nutrients 10. Set Your Own Goals 11. Lose Weight Walking Frequently Asked Questions Determination today leads to success tomorrow! So put one foot in front of the other, and you'll get to the end. Do your best for you.



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