



# Walking for Weight Loss: The Easy, Practical Way to Get in Shape (Weight Loss Series)

*Lucy Knight*

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# Walking for Weight Loss: The Easy, Practical Way to Get in Shape (Weight Loss Series)

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**Walking for Weight Loss: The Easy, Practical Way to Get in Shape (Weight Loss Series)** Lucy Knight

Walking for Weight Loss' takes fitness back to basics. All you need to do is correct your posture and your technique, work on your stride, speed up your pace and change your focus to transform that everyday saunter into a fat-burning power walk. Lucy Knight shows you how to set realistic goals, how to assess how hard you are working and how to try out different styles of walking while also providing you with a compatible, balanced healthy eating plan so that you see results fast. Walking is the perfect and safest exercise for achieving not only weight loss, but complete mental and physical health, as well as a new and focused zest for life...

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