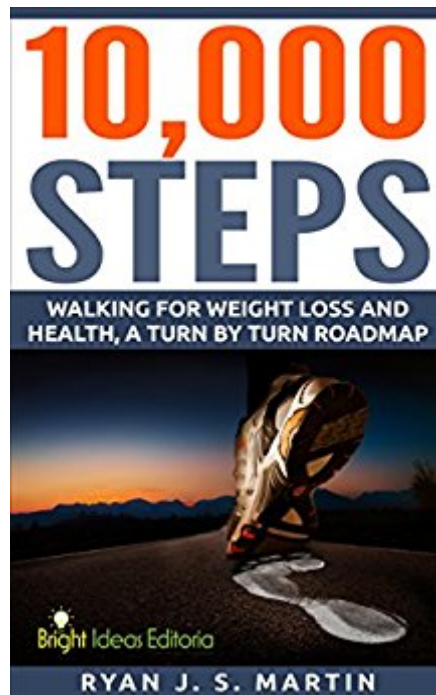


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# 10,000 Steps: Walking For Weight Loss, Walking For Health: A Turn By Turn Roadmap (Weight Loss Series)



## Synopsis

How to Lose Weight and Improve Your Health by Walking for Fitness! Believe Walking for Weight Loss Should Be Both Fun and Effective If You Want to Accomplish Your Weight Loss Goals, I Can Show You How! In 10,000 Steps: Walking For Weight Loss, Walking for Health you will learn how to: Lose up to 50 pounds this year by walking 10,000 steps a dayâ without dieting Thereâ™s been a lot of talk about taking 10,000 steps a day lately. Everyone from your doctor to your smart phone is busy counting how many times you put your left foot in front of your right. But what does it all really mean? Is this another gimmick or a fad? Is it really possible that just ambling about a bit longer each day will lead to lasting weight loss and better health? If it doesnâ™t feel strenuous, can walking for exercise actually strengthen muscles and burn fat? 10,000 steps is how many miles, anyway? In this book, I take a critical look at the idea of walking for weight loss and health. I discuss my research on the effects walking has when it comes to heart disease prevention and reversal, type 2 diabetes, depression, stroke, stress, osteoporosis, and even the common cold. I detail the relationship between walking and weight loss, and outline a progressive plan for walkers at any fitness level. Figure out which fitness gadgets and apps you need to get started walking for weight loss With so many fitness bands and apps on the market, how do you know which are the right ones to get you walking for life? Do you need to spend a lot of money? Should you pay for a subscription? Do you need a heart rate monitor to know if you are working hard enough? How accurate is your device? Should you be counting food calories along with your steps? 10,000 Steps is packed with practical advice and tips, from an analysis of all the major fitness bands to finding an app that lets you earn money for your favorite charity each time you step out the door. Turn walking for weight loss into a healthy addiction If you donâ™t love walking for fitness, you wonâ™t stick with it and you wonâ™t lose weight and improve your health. I show you how to find beautiful, safe, scenic treks anywhere in the world. I help you find the best indoor walking locations to keep you out of the weather and on even footing. I show you how to pack thousands of more steps into your everyday routine so you are as efficient as possible. I teach you how to find hundreds of thousands of FREE fascinating audio books and podcasts to listen to, to keep you entertained. And I show you where to find clubs of people just like you to keep you motivated. Bonus: When you download this book, you also get a bonus book FREE eBook, 25 Easy Habits to Live Longer, Healthier, and Happier. About The Author Health and fitness enthusiast Ryan J. S. Martin grew up in Denver, Colorado listening to alternative bands and drinking lots of Mountain Dew. It wasn't until he turned twenty-five and climbed his first fourteener that he began to think seriously about health. These days, Ryan lives in a small mountain town with his wife and two children. They travel when they can and ski

together on the weekends. Ryan writes about healthy living in the hope that if humankind learns enough about how to take care of the body, someday his children will have the bionic powers he dreamed about when he first saw "The Six Million Dollar Man."If you can walk, you can lose weight. Discover why 10,000 Steps is the new fitness mantra and how it can help you to shape up and prevent life-threatening disease. Scroll up to get your copy today!

## **Book Information**

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## **Customer Reviews**

Just love the collection of books by this author! All are subjects close to my heart and written in a informative and enjoyable way. I have recently started a daily walking routine - without which my day is definitely lacking. This latest book is full of great ideas to capitalize on this overlooked form of exercise and it is definitely worth adopting a few of the suggestions if only to benefit from a brilliant way to de-stress!

This was a quick read with great suggestions for increasing walking and establishing a daily walking habit. Worthwhile. Well researched.

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