



Weight Loss: Walk Your Way to Weight Loss! **(walking, weight loss, lose weight, walk, exercise,** **diet, womens health,)**

Susan Gardner

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Want to lose weight FAST whilst getting fit!?

If you want to lose weight without the expense of going to the gym with no gimmicky, faddy diets then this is the book for you.

This book will show you some simple ways in which you can walk your way to a slimmer, healthier you without diet pills or having to follow expensive diets!

This is the way to long term, permanent weight loss and will enable you to become fitter and more active almost without trying! The hints and tips are easy to follow and can be fitted into your normal lifestyle. You can also help a friend to lose weight with you!
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