



10,000 Steps Weight Loss Plan: Fitness For Healthy Living

Laverne Majors

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Trouble sticking to your diet, but want to lose more weight? “10,000 Steps Weight Loss Plan” gives you a chance to drop those pesky pounds without starving. The idea of adding a walk to your already busy day might be odd, but the weight loss is noticeable.

During my weight loss question, the biggest problem I faced was finding a plan to follow. My book outlines how I took the 10,000 step concept and made it work. It’s easier than one might think, as adding a few steps here and there only means walking a little farther to the store from the parking lot or committing to walking the dog every day.

After reading my book “10,000 Steps Weight Loss Plan,” you will be given my plan to make your 10,000 steps a day make a difference around your waistline.

In this book, "10,000 Steps Weight Loss Plan," I share:

- Why commitment is necessary every day for stepping.
- How far are 10,000 steps?
- How to calculate the steps.
- How to get started (without buying any equipment).
- How to lose the tummy flab
- What additional calorie burning techniques can be used?
- How eating differently helps further weight loss.
- How to determine if walking 10,000 steps works best for you.
- Details on my personal journey.

You will be breaking a sweat 10,000 steps a day, but losing fat too. The idea behind this Japanese concept is perfect for a busy lifestyle, and it can even become part of your family’s goal of weight loss.

So, what are you waiting for?

“Step” on the “Buy” button NOW. Get in shape by enjoying life one step at a time!

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From reader reviews:

Johanna Garrett:

Now a day folks who Living in the era exactly where everything reachable by match the internet and the resources inside can be true or not demand people to be aware of each facts they get. How a lot more to be smart in acquiring any information nowadays? Of course the reply is reading a book. Examining a book can help individuals out of this uncertainty Information specially this 10,000 Steps Weight Loss Plan: Fitness For Healthy Living book because this book offers you rich information and knowledge. Of course the info in this book hundred pct guarantees there is no doubt in it as you know.

Kimberly Dyson:

Playing with family in a very park, coming to see the ocean world or hanging out with friends is thing that usually you have done when you have spare time, and then why you don't try issue that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love 10,000 Steps Weight Loss Plan: Fitness For Healthy Living, it is possible to enjoy both. It is very good combination right, you still need to miss it? What kind of hang-out type is it? Oh can happen its mind hangout guys. What? Still don't get it, oh come on its referred to as reading friends.

April Hannah:

Beside that 10,000 Steps Weight Loss Plan: Fitness For Healthy Living in your phone, it could give you a way to get more close to the new knowledge or details. The information and the knowledge you might got here is fresh from oven so don't end up being worry if you feel like an previous people live in narrow town. It is good thing to have 10,000 Steps Weight Loss Plan: Fitness For Healthy Living because this book offers for your requirements readable information. Do you occasionally have book but you don't get what it's interesting features of. Oh come on, that would not happen if you have this in your hand. The Enjoyable blend here cannot be questionable, just like treasuring beautiful island. Use you still want to miss it? Find this book and also read it from currently!

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