



# **Walking for Fitness: A Comprehensive Guide on How Walking can Improve your Health and Well- being Forever (Health, Fitness, and Diet Series) (Volume 1)**

*Faye Froome*

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## **Walking for Fitness, A Comprehensive Guide on How Walking can Improve your Health and Well-being Forever**

**Join the millions who are walking for fitness across the globe today!** Does the thought of jogging around your neighborhood fill you with dread? Do you yearn to get fitter but don't want the expensive gym membership. Do you have little spare time but still have the inclination to get out and lose weight? **Then this book could be for you!** Taking those first steps on the road to fitness can be the hardest for many people. The thought of buying all that kit or spending hours down the gym can often be the most off putting. However there is something that we all do everyday that can make us fitter and healthier without us even realizing. Yes that's right its **walking Just taking a few extra steps each day can have surprising results, even if you have never exercised before** Studies have shown that walking just for 20 minutes can have a positive effect on mood, improve heart health and blood pressure, not to mention burning calories and increasing your metabolism. **Whatever the initial motivation, walking is a fun and rewarding pursuit** So what are you waiting for, download this guide and join the thousands who have already got their walking shoes on and are walking to a better and fitter life!

### **Here's A Preview Of What's Inside..**

- The Health Benefits Of Walking
- What You Need to Get Started
- Nutrition and Hydration
- Short or Long Distance Walking Tips
- Preparing and Warming Up
- Tips on Staying Safe and Injury Free
- Staying Motivated
- Essential Equipment
- And Much More!

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**Nancy Lord:**

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