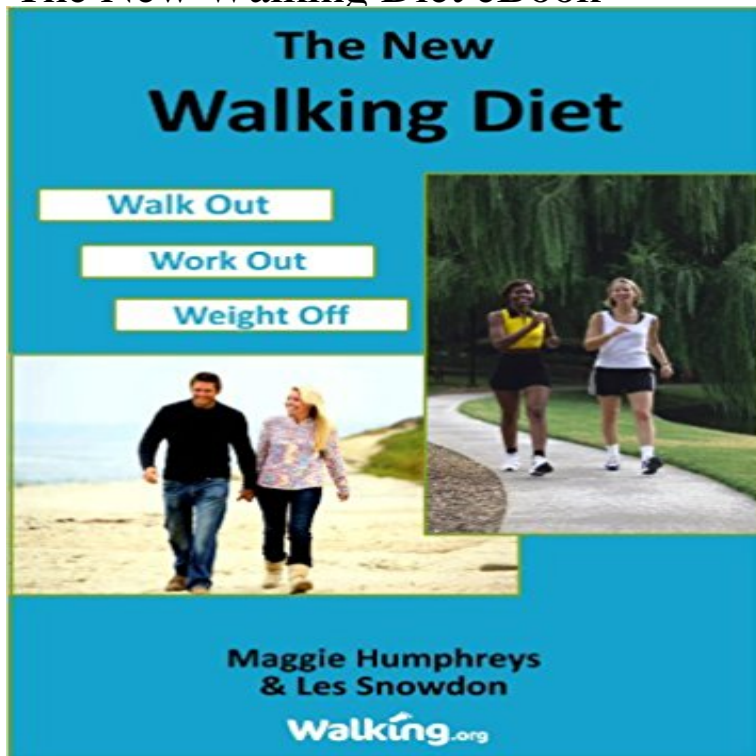


The New Walking Diet eBook



Tired of diet and exercise fads that don't work? Searching for a simple plan that will get you back on your feet again, get you moving, keep you motivated and produce results? Results that are real. Results that can be maintained year in, year out. Results like getting fit, shaping up and losing weight. Look no further. The New Walking Diet is the easiest, cheapest, most effective fitness, shape-up and weight loss plan ever. You may not realise it, but walking is the magic bullet everyone is seeking for health and fitness because it is a natural activity that most of us have been doing all our lives the problem is we're not doing enough of it and not in the right way. That's where fitness walking comes in! Fitness walking is a state of mind, a new look at the way we walk. Only you are responsible for your heart. Only you are responsible for your pulse, your blood pressure, your lungs, your body fat, your cholesterol level and your weight. But with our help, you will learn how to overcome inertia, how to motivate yourself, how to walk and how to keep walking. Walking works and it really can work wonders!

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