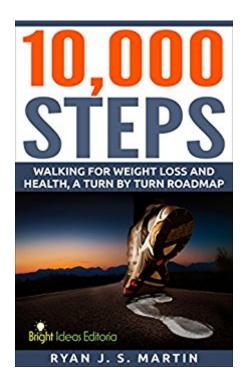
The book was found

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 FitnessI Believe Walking for Weight Loss Should Be Both Fun and Effective If You Want to Accomplish Your Weight Loss Goals, I Can Show You HowIn 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 daya without dietingTherea [™]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 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 lossWith 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 addictionIf 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 AuthorHealth and fitness enthusiast Ryan J. S. Martin grew up in 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

File Size: 2148 KB Print Length: 52 pages Simultaneous Device Usage: Unlimited Publisher: Bright Ideas Editoria (April 26, 2015) Publication Date: April 26, 2015 Sold by: Â Digital Services LLC Language: English ASIN: B00WRO492W Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Not Enabled Enhanced Typesetting: Not Enabled Best Sellers Rank: #924,572 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #179 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #273 in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #322 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Heart Disease

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.

Download to continue reading...

10,000 Steps: Walking for Weight Loss, Walking for Health: A Turn by Turn Roadmap (Weight Loss Series) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,) Hair: Hair Loss: Learn About Hair Loss Prevention Methods and Regrowth Treatment: Hair Loss Cure: Hair Loss (Men's Health, Hair Loss Treatment, Regrow ... Loss Treatment for Woman, Hair Loss Cure) Ketogenic Diet: 5 Weeks Ketogenic Plan - Weight Loss Recipes - Easy Steps For beginners (Ketogenic Diet, Ketogenic Plan, Weight Loss, Weight Loss Diet, Beginners Guide) THE MIRACULOUS RESULTS OF EXTREMELY HIGH DOSES OF THE SUNSHINE HORMONE VITAMIN D3 MY EXPERIMENT WITH HUGE DOSES OF D3 FROM 25,000 to 50,000 to 100,000 IU A Day OVER A 1 YEAR PERIOD Hollywood on \$5,000, \$10,000, or \$25,000 a Day: A Survival Guide for Low-Budget Filmmakers Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) The Comprehensive Hair Loss Guide: Hair Loss Treatment and Cure for Men and Women (Hair Loss Treatment for Women, Hair Loss Treatment for Men, Hair Loss ... Loss Remedies, Hair Loss Cure, Alopecia) 10,000 Steps a Day in L.A.: 52 Walking Adventures Practical 30 Day Paleo Program For Weight Loss - Paleo Diet: A BEGINNER'S GUIDE TO HEALTHY RECIPES FOR WEIGHT LOSS AND OPTIMAL HEALTH' (paleo diet, diet chllenge, paleo guide to weight loss) ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You (Atkins Low Carb High Fat Diet Weight Loss Guide, Diet for Rapid Weight ... Atkins Weight Loss Guide for Beginners) Heart Health: Heart Healthy Cookbook: 30 Quick & Easy, Heart Healthy Greek Recipes For Smart Heart Health (cooking, weight loss, weight maintenance) (cooking, ... weight maintenance, weight watchers Book 1) Weight Watchers: The Best Proven Tips, Tricks & Recipes To Simple Start, Losing Weight And Feeling Great! (weight watchers recipes, weight watchers cookbook, weight watchers 2016, weight loss) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Mediterranean Diet For

Beginners: Fast and Easy Mediterranean Diet Cookbook and Home Recipes for Weight Loss -PICTURES INCLUDED (Meal Plan, Healthy Eating, Weight Loss Recipes, Healthy Weight Loss) Atkins Diet Rapid Weight Loss: Atkins Diet Guide for Beginners - Lose Up To 30 Pounds in 30 Days (Atkins Diet Books, Atkins Diet Recipes, Diet Cookbook, ... Rapid Weight Loss, Low Carb, Weight Loss)) Atkins Diet: 50 Low Carb Recipes for the Atkins Diet Weight Loss Plan (Atkins Diet Books, Atkins Diet Recipes, Weight Loss Cookbook, Weight Loss Diet, Diet Cookbooks, Atkins Diet Cookbook)

<u>Dmca</u>