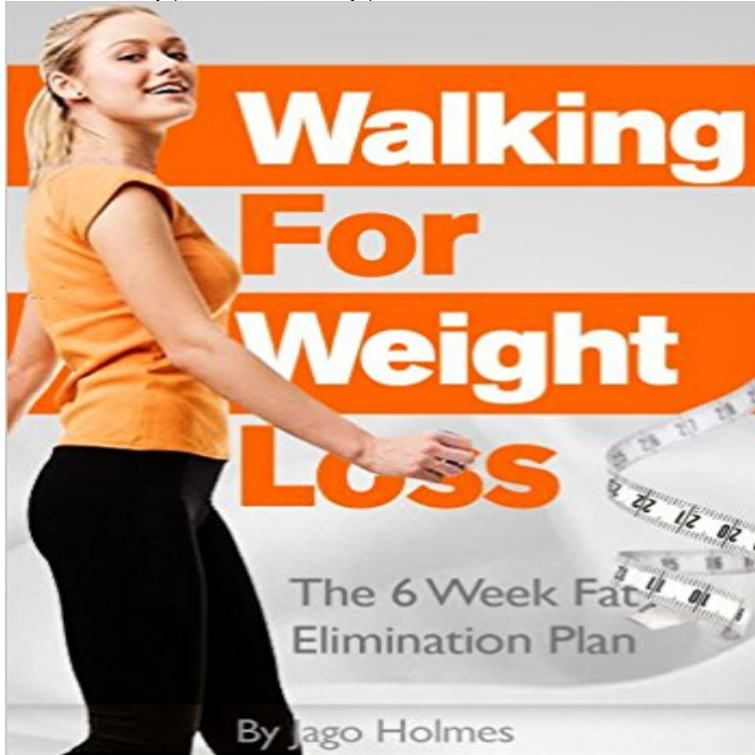


Walking For Weight Loss - The 6 Week Fat Elimination Plan



Need to lose some weight fast? Want to feel better... More confident... With loads more energy? The solution to this may be far easier than you think. Because there's one simple yet highly effective technique you probably haven't tried before... Walking, but not walking the way you know it! Using Jago Holmes' unique weight loss walking program is the easiest and most effective way to blast through stubborn fat stores at the fastest rate possible. With a range of 5 different plans to follow, you're sure to find the perfect solution for you. This book is designed to help anyone lose weight fast. It's an effective alternative for those who don't want to use a gym/fitness class or hate the idea of going running etc. Walking is a VERY powerful way to lose weight. It's cheap and you can do it anywhere. It's low impact and you don't need any special equipment to get started and... The moment you leave your front door, you're started! How many different types of exercise can give you this? BUT the problem is that most people don't know how to effectively use walking as a tool for losing weight. To get the best from your efforts there are certain things you need to do. In fact you need to approach it the way you would any other type of exercise if you want to get noticeable and dramatic results. This is what this book will do for you. It will provide you with a simple blueprint for success, a clear direction to follow which charts out your progress, no matter what level of fitness or shape of body you are now. Once you put in to practice the techniques and tips you learn from this cutting edge weight loss plan, you'll wonder why you didn't try this years ago.

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