



WALKING WORKOUT

FOR WEIGHT LOSS



Walking Workout Top

Kirstin Hallmann, Karen Petry



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Fenton,2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit *Shapewalking* Marilyn L. Bach,2003 **The TOPS Way to Weight Loss** Howard Rankin, Ph.D.,2004-12-01 Weight loss is about people not calories Drawing on the inspirational stories of the successful members of the international nonprofit weight loss support group Take Off Pounds Sensibly TOPS the organization s psychologist Howard J Rankin Ph D shows you how to harness your personal power and the power of others to lose weight and keep it off

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