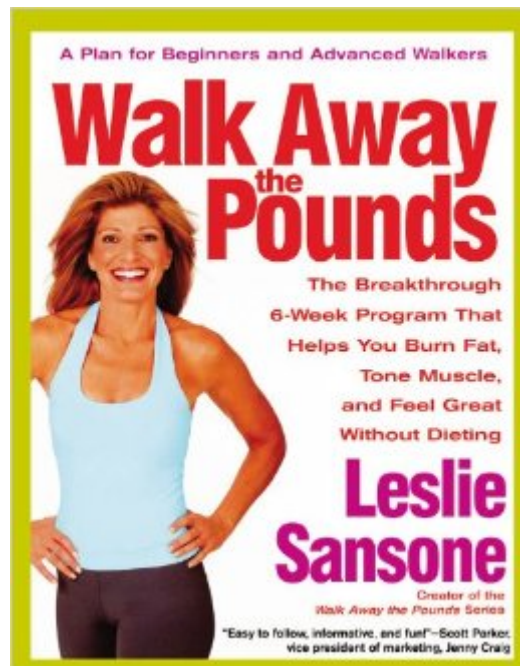


The book was found

Walk Away The Pounds: The Breakthrough 6-Week Program That Helps You Burn Fat, Tone Muscle, And Feel Great Without Dieting



Synopsis

Losing weight has never been easier or more fun than with Leslie Sansone's **WALK AWAY THE POUNDS**. For over twenty-five years, Leslie has helped more women get off the couch and onto their feet than anyone else in the fitness industry. Her secret? If you can walk, you can achieve the weight-loss goals you dream about...with none of the intimidation or negative messages that have stopped you from succeeding before. Whether you are a beginner or have been walking with Leslie for years, whether you are a teen or a senior or somewhere in between, you will see results. You will lose real weight, and keep it off—twenty pounds, forty, sixty, or even more. All you need is fifteen minutes a day for starters, two feet, and a willing attitude. There is no fancy equipment to buy, no fad diet to follow, and no fitness club to join. The revolutionary program in **WALK AWAY THE POUNDS** is designed to keep everybody on the path to success, especially those who have never been able to complete a weight-loss plan before. It's a simpler approach to fitness, one that can change your life. Leslie's step-by-step workbook format sets up the program day by day. You just wake up, flip open the book, and follow the directions. You'll get a combination of in-home walking (that's right, you can do it right from the comfort of your own living room!), simple strength training, motivational breakthroughs, and commonsense advice to help you burn fat, tone muscle, reduce stress, avoid illness, shake off the blues, and boost your energy level sky high. It's never been easier. Women all across America have dropped between 20 and 150 pounds with Leslie Sansone. Now you can too!

Book Information

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Best Sellers Rank: #805,473 in Books (See Top 100 in Books) #311 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Walking](#) #909 in [Books > Health, Fitness & Dieting > Reference](#) #1226 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging](#)

Customer Reviews

This book has been helpful to me because it eases me into exercising without overwhelming me with a lot of 'rules' I need to follow. The book has an introduction that gives you the scoop on why walking is such an effective workout, why walking is good for your health and informs you on a few things you need before you begin the program. The next section deals with the actual exercises you will be doing during your 6-week challenge. Leslie has plenty of pictures of how to do the stretches, strength training moves and basic walking moves. Leslie is pictured using weighted gloves, weighted balls, an ab belt, and stretch band. If you want to see these images before you purchase the book, check out her website at [...]. Part 3 of the book is titled, "The Program" and is basically a place to journal your progress through the 6-week program. At the beginning of each week, you are asked to write down your goals for that week and what you accomplished the week before. There is also a walk booster for every week and they involve things such as, taking a multi-vitamin, drinking plenty of water, adding strength training, self-acceptance, and sleep. Leslie makes it very clear that you can choose whether or not you want to do the walk booster every week. She really just wants you to start walking! In the daily journal pages, you are asked when you will walk that day, did you walk that day, did you take your vitamin, how did you feel and a beautiful thing. As the program progresses, you will also keep up with water intake and how much sleep you got. There are a few pages that also give you the opportunity to keep the program going after the six weeks by walking longer distances.

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