



# Walk the Weight Away!: The Easiest Weight-Loss Plan Ever!

*Andrew Flach, Rosemarie Alfieri*

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*Walk the Weight Away!* is an innovative, workbook-based exercise, nutrition, and healthy living plan that's designed to get you off the couch and out the door—and loving it! *Walk the Weight Away!* eases you into a healthier lifestyle by combining stretching, walking, and light weight training exercises with healthy eating tips and tasty recipes.

*Walk the Weight Away!* is designed specifically for people who might find traditional weight loss and fitness programs daunting. Each day of the program has its own workbook page, with everything from a food diary with delicious nutritional menu suggestions to training tips and motivational quotes. More importantly, the workbook pages are designed to keep you on track, with a checklist of daily stretches and exercises and space to write future goals. With each day's workout specifically outlined, it's easy to stay with the program and see real results. At the same time, the flexibility of the workouts, with options for those who want to measure their progress by time, distance, or steps taken, means that you choose an approach that feels the best to you.

*Walk the Weight Away!* includes:

- An innovative day-by-day journal to mark your progress every step of the way
- An eight-week walking program to get you on the path to your best body
- A daily nutrition plan designed to balance your intake—with dozens of mouth-watering recipes that will satisfy your appetite
- A powerful strength training routine that takes just minutes a day
- Daily quotes to provide motivation and thoughtful encouragement

Because walking is the most natural of exercises, something we've been doing ever since we were toddlers, it appeals to everyone, even those who do not see themselves as athletic. Even better, it's free: to start a walking program, you don't have to join a gym or buy special equipment. In fact, all you need to experience the health benefits of walking is the motivation to get up and do it. And with the unique *Walk the Weight Away!* eight-week workbook plan, starting a fitness program—and sticking to it—has never been easier.

Whether a person is thinking of starting a fitness program for weight loss, general health, or just to boost their energy and activity level, *Walk the Weight Away!* promises to inspire and motivate like no program before. A great journey begins with a single step—in this case, a journey to a healthier life! 50 b/w photos.

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