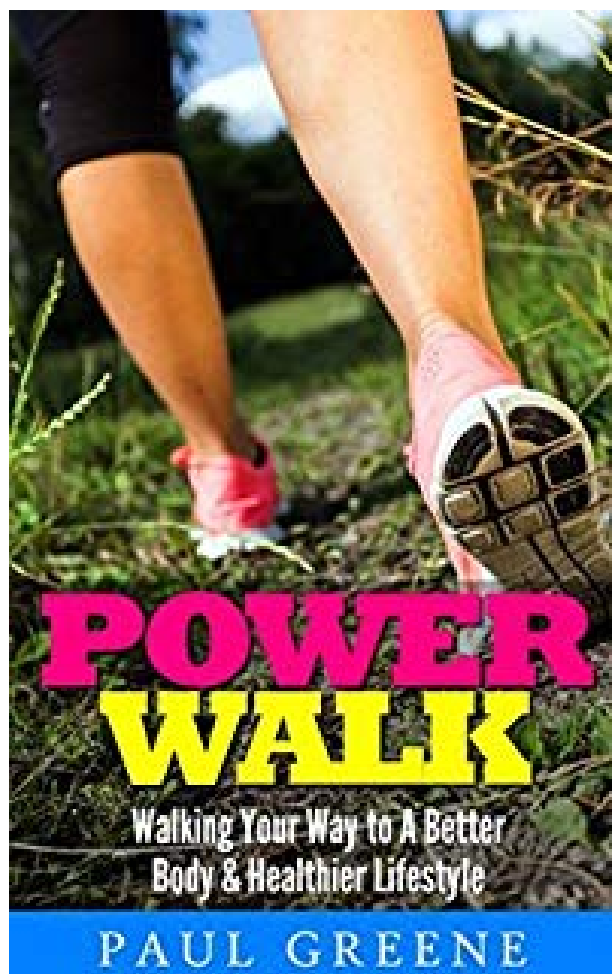


Power Walk: Walking your way to a Better Body and Healthier Lifestyle



| | |
|--------------------------|----------------|
| Genre: | Nonfiction |
| Published: | June 16th 2014 |
| Pages: | 24 |
| Language | English |
| Author: | Paul Greene |
| Goodreads Rating: | 2.86 |
| ASIN | B00L2PM5WI |

[Power Walk: Walking your way to a Better Body and Healthier Lifestyle.pdf](#)

[Power Walk: Walking your way to a Better Body and Healthier Lifestyle.epub](#)

DISCOVER HOW TO WALK AND KEEP FIT AND HEALTHIER IN THIS AWESOME BOOK Power Walk: Walking your way to a Better Body and Healthier Lifestyle. Do you want to keep fit and be healthier? Do you want to have athletic and attractive body? Do you want an exercise program devoid of injuries? If your answer to any of these questions is yes, then this is the book you need to read to acquire smart body and healthier lifestyle. Power Walk: Walking your way to a Better Body and Healthier Lifestyle will quickly teach you the essentials to begin your walking routine as well as: Help you understand the proven benefits of power walking Expose you to different power walking courses & how you can choose the best one How to choose the best gear for power walking Teach you different warm-up exercises Routine exercises for beginners, intermediate and advanced levels How to burn more calories and shed excess fat & more... If you are not satisfied with your body shape and you are yearning to have fit and athletic body, this concise book will help you take the first strides down the course of transforming you into the healthy and fit body that you have ever desired and dreamt of. Download your kindle copy of Power Walk: Walking your way to a Better Body and Healthier Lifestyle now to acquire a better body and improved sense of well-being. Tags: walking, power

walking, walking to lose weight, healthy lifestyle, walking courses, walking exercises