



# Walking: Walk 10,000 Steps per Day Plan: Best Exercise to Lose Weight and Get Fit at Any Age and Current Fitness Level

*David Barraza*

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## **Walking: Walk 10,000 Steps per Day Plan: Best Exercise to Lose Weight and Get Fit at Any Age and Current Fitness Level** David Barraza

Use These Practical, Useful, and Easy-to-Follow Tips to Get in Shape, Lose Weight, and Improve Your Fitness by Walking Every Day

This book contains useful information on the exercise of walking and how you can benefit from getting into a daily habit of long walks. You'll learn the most important elements needed to make your walking plan a success. You'll find practical advice on establishing the right mind-set and motivation, choosing the best places for your daily walks, and setting up a schedule you can stick to every day for a successful walking plan.

Here's a preview of what you'll learn:

- How to assess your current fitness and overall wellness levels
- Why you should chose walking as an excellent exercise to improve your health and fitness
- The requirements (minimal, by the way) to get started in a walking plan
- A detailed, step-by-step plan for walking 10,000 steps every day
- How to measure the results of a successful walking plan
- What to do once you accomplish your goal of walking 10,000 steps or more per day
- And much, much more!

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