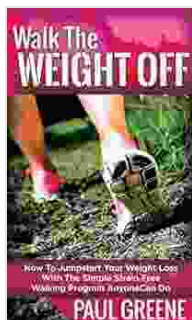


# Walk The Weight Off: The Ultimate Guide to Walking for Weight Loss



## Walk The Weight Off: How To Jumpstart Your Weight Loss With The Simple Strain-Free Walking Program

**Anyone Can Do** by Jim Brault

★★★★☆ 4.3 out of 5

Language	: English
File size	: 2900 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 36 pages
Lending	: Enabled



Are you looking for a way to lose weight that is both easy and effective? Walking is a great option! It is a low-impact exercise that can be done anywhere, anytime. And best of all, it is free!

Walking is a great way to burn calories and lose weight. In fact, a study published in the journal *Obesity* found that people who walked for 30 minutes a day, five days a week, lost an average of 12 pounds over a 12-week period.

In addition to burning calories, walking also helps to improve your overall health. It can help to lower your blood pressure, reduce your risk of heart disease, and improve your mood.

## **Getting Started**

If you are new to walking, it is important to start slowly. Begin by walking for short periods of time, such as 10 or 15 minutes. As you get stronger, you can gradually increase the duration and intensity of your walks.

It is also important to choose a walking route that is safe and enjoyable. You may want to walk in a park, on a treadmill, or around your neighborhood.

## **Setting Realistic Goals**

When setting weight loss goals, it is important to be realistic. Don't expect to lose 20 pounds overnight. A healthy goal is to lose 1-2 pounds per week.

To lose weight, you need to create a calorie deficit. This means burning more calories than you consume. Walking can help you to create a calorie deficit, but it is also important to make healthy choices about your diet.

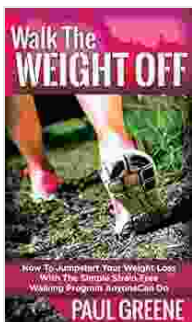
## **Staying Motivated**

Staying motivated is one of the biggest challenges of any weight loss program. Here are a few tips to help you stay on track:

- Set realistic goals.
- Find a walking buddy.
- Listen to music or podcasts while you walk.
- Reward yourself for your progress.

Walking is a great way to lose weight and improve your overall health. It is a low-impact exercise that can be done anywhere, anytime. And best of all,

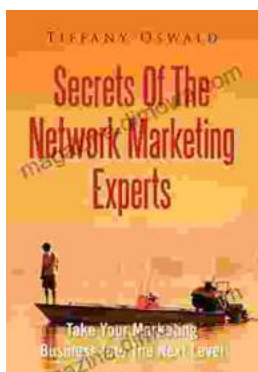
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