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Walk Off Weight Michele Stanten, 2011-03-01 Walking is America's 1 form of exercise and with good reason. It's easy, cheap and can be done anywhere. Prevention magazine takes fun, low impact walking to the next level with a new 8 week program that will help you lose 3 times more weight and keep it off. Designed by certified fitness trainer Michele Stanten, the program jump starts weight loss with core and lowerbody strength exercises as well as special walking routines including interval walks which research shows burn calories twice as fast as regular walking. Women who tried the program for 8 weeks Lost up to 22 pounds and 12 inches. Lowered their blood pressure and blood glucose levels. Had less back and joint pain. Improved their posture, balance, flexibility and boosted their energy. Paired with a delicious, well balanced meal plan and easy strength training exercises. Walk Off Weight also helps you pick out the perfect walking sneakers and gives you technique tips to increase your speed and avoid soreness or injury.

**The Everything Wedding Workout Book** Shirley S. Archer, Andrea Mattei, 2006-11-15 The ultimate bride's guide for slimming down and toning up. As a bride you are so busy with wedding plans, ordering the cake, finding the perfect bridesmaids' dresses and organizing a guest list that you may forget to prepare yourself for the big day. With *The Everything Wedding Workout Book*, getting in shape to walk down the aisle is a piece of cake. Written by fitness guru Shirley Archer, this all-inclusive handbook guides you through basic training with tips on How to set practical long and short term goals. The benefits of a gym versus working out at home. Specially timed workouts for six months to six weeks before the wedding. Healthy eating tips and stress management keep your mind healthy too. Helpful tricks to help you slip into that perfect gown. Complete with encouraging and informative tidbits from a wedding expert. *The Everything Wedding Workout Book* will make you look and feel fabulous when you say I do.

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