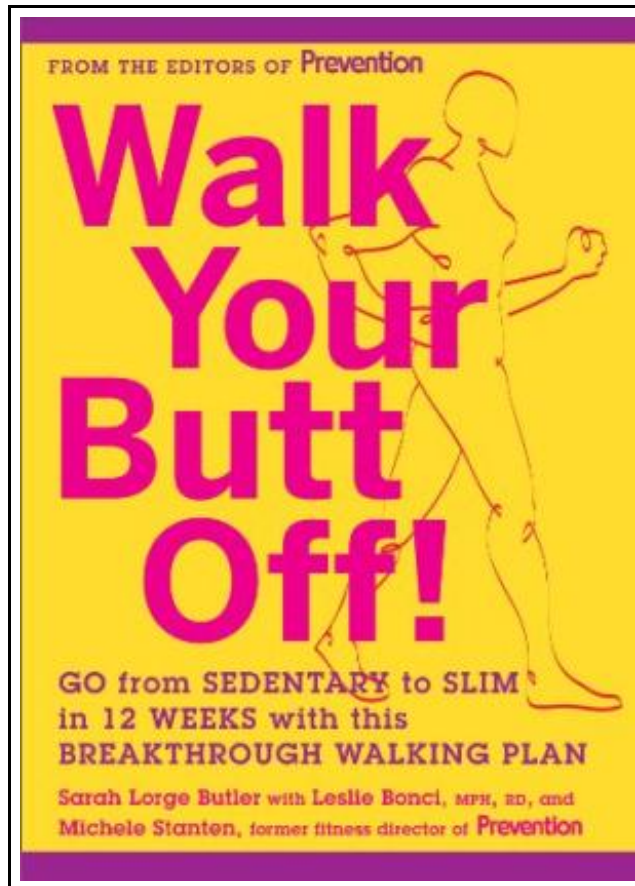


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Rodale Incorporated. Paperback. Book Condition: new. BRAND NEW, Walk Your Butt Off!: Go from Sedentary to Slim in 12 Weeks with This Breakthrough Walking Plan, Sarah Lorge Butler, Michele Stanten, Leslie Bonci, This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster. Developed by former Prevention fitness director and walking expert Michele Stanten, "Walk Your Butt Off!" will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results. Readers will also come to view walking as an athletic endeavour and see their workouts as an inviolable part of their day. And, at no more than 30 minutes each, these daily walks can fit into even the busiest schedule. Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci, this easy step-by-step guide to permanent weight loss is suitable for everyone.

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