



10,000 Steps Weight Loss Plan: Fitness For Healthy Living

Laverne Majors

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Trouble sticking to your diet, but want to lose more weight? “10,000 Steps Weight Loss Plan” gives you a chance to drop those pesky pounds without starving. The idea of adding a walk to your already busy day might be odd, but the weight loss is noticeable.

During my weight loss question, the biggest problem I faced was finding a plan to follow. My book outlines how I took the 10,000 step concept and made it work. It’s easier than one might think, as adding a few steps here and there only means walking a little farther to the store from the parking lot or committing to walking the dog every day.

After reading my book “10,000 Steps Weight Loss Plan,” you will be given my plan to make your 10,000 steps a day make a difference around your waistline.

In this book, "10,000 Steps Weight Loss Plan," I share:

- Why commitment is necessary every day for stepping.
- How far are 10,000 steps?
- How to calculate the steps.
- How to get started (without buying any equipment).
- How to lose the tummy flab
- What additional calorie burning techniques can be used?
- How eating differently helps further weight loss.
- How to determine if walking 10,000 steps works best for you.
- Details on my personal journey.

You will be breaking a sweat 10,000 steps a day, but losing fat too. The idea behind this Japanese concept is perfect for a busy lifestyle, and it can even become part of your family’s goal of weight loss.

So, what are you waiting for?

“Step” on the “Buy” button NOW. Get in shape by enjoying life one step at a time!

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