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You on a Walk: Listen as You Walk for a Leaner, Healthier Life

By Michael F Roizen

SIMON SCHUSTER, United States, 2007. CD-Audio. Condition: New. Abridged edition. Language: English . Brand New. The Essential Audio Companion to the #1 Bestseller You: On a Diet Get your diet up and walking with You: On a Walk! As millions of dieters have already discovered, the key to the weight-loss plan outlined in You: On a Diet is the daily thirty-minute walk. Now the bestselling authors of the YOU series, Michael Roizen and Mehmet Oz, have created an original audio program specifically designed to help you meet your daily walking goal -- and have fun doing it. You: On a Walk presents two thirty-minute walks, one faster and one slower, set to music that is timed to keep you moving at the pace that is right for you. Along the way, Drs. Roizen and Oz keep you company as you walk -- telling you about the benefits of walking, sharing pointers and health tips for you to think about, and motivating you to keep going for the entire half hour, all in their signature comfortable, encouraging and entertaining style. You ll also hear some important insights on setting and attaining your weight loss goals, and learn some simple stretches to...



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