



Phillys Fit-step Walking Diet: Lose 15 Lbs. Get Fit. Look Younger In 21 Days! (Chinese Edition)

Fred A. Stutman

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As a new way of fitness, walking is zero-base, has zero sport injury, and requires no specific site and no equipment. Whether you want to lose weight, relieve stress, quit smoking and refrain from drinking alcohol, lower cholesterol, meet new people, or just want to be more healthy and self-confident by means of walking, this book by Fred Stutman will help you achieve your goal.



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