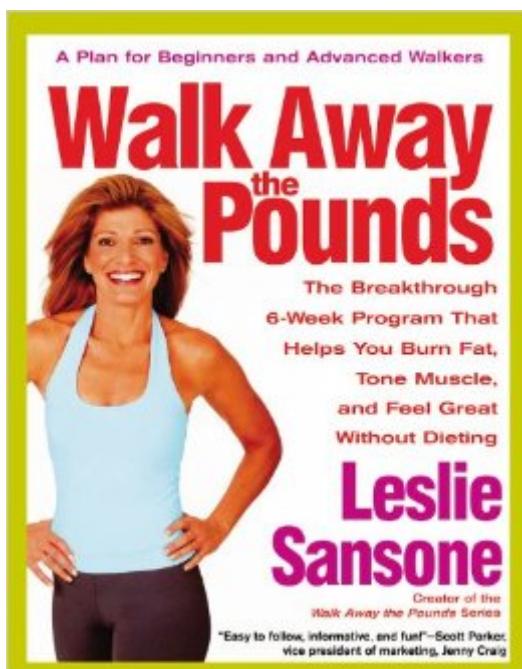


The book was found

# Walk Away The Pounds: The Breakthrough 6-Week Program That Helps You Burn Fat, Tone Muscle, And Feel Great Without Dieting



## Synopsis

Losing weight has never been easier or more fun than with Leslie Sansone's **WALK AWAY THE POUNDS**. For over twenty-five years, Leslie has helped more women get off the couch and onto their feet than anyone else in the fitness industry. Her secret? If you can walk, you can achieve the weight-loss goals you dream about...with none of the intimidation or negative messages that have stopped you from succeeding before. Whether you are a beginner or have been walking with Leslie for years, whether you are a teen or a senior or somewhere in between, you will see results. You will lose real weight, and keep it off—twenty pounds, forty, sixty, or even more. All you need is fifteen minutes a day for starters, two feet, and a willing attitude. There is no fancy equipment to buy, no fad diet to follow, and no fitness club to join. The revolutionary program in **WALK AWAY THE POUNDS** is designed to keep everybody on the path to success, especially those who have never been able to complete a weight-loss plan before. It's a simpler approach to fitness, one that can change your life. Leslie's step-by-step workbook format sets up the program day by day. You just wake up, flip open the book, and follow the directions. You'll get a combination of in-home walking (that's right, you can do it right from the comfort of your own living room!), simple strength training, motivational breakthroughs, and commonsense advice to help you burn fat, tone muscle, reduce stress, avoid illness, shake off the blues, and boost your energy level sky high. It's never been easier. Women all across America have dropped between 20 and 150 pounds with Leslie Sansone. Now you can too!

## Book Information

Paperback: 272 pages

Publisher: Center Street; Reprint edition (December 27, 2005)

Language: English

ISBN-10: 1931722560

ISBN-13: 978-0446693356

ASIN: 0446693359

Product Dimensions: 7 x 0.7 x 9 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (50 customer reviews)

Best Sellers Rank: #805,473 in Books (See Top 100 in Books) #311 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Walking](#) #909 in [Books > Health, Fitness & Dieting > Reference](#) #1226 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Running & Jogging](#)

## Customer Reviews

This book has been helpful to me because it eases me into exercising without overwhelming me with a lot of 'rules' I need to follow. The book has an introduction that gives you the scoop on why walking is such an effective workout, why walking is good for your health and informs you on a few things you need before you begin the program. The next section deals with the actual exercises you will be doing during your 6-week challenge. Leslie has plenty of pictures of how to do the stretches, strength training moves and basic walking moves. Leslie is pictured using weighted gloves, weighted balls, an ab belt, and stretch band. If you want to see these images before you purchase the book, check out her website at [...] Part 3 of the book is titled, "The Program" and is basically a place to journal your progress through the 6-week program. At the beginning of each week, you are asked to write down your goals for that week and what you accomplished the week before. There is also a walk booster for every week and they involve things such as, taking a multi-vitamin, drinking plenty of water, adding strength training, self-acceptance, and sleep. Leslie makes it very clear that you can choose whether or not you want to do the walk booster every week. She really just wants you to start walking! In the daily journal pages, you are asked when you will walk that day, did you walk that day, did you take your vitamin, how did you feel and a beautiful thing. As the program progresses, you will also keep up with water intake and how much sleep you got. There are a few pages that also give you the opportunity to keep the program going after the six weeks by walking longer distances.

[Download to continue reading...](#)

Walk Away the Pounds: The Breakthrough 6-Week Program That Helps You Burn Fat, Tone Muscle, and Feel Great Without Dieting The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Drop 14 Pounds in 3 Weeks (2nd Edition): Lose Weight, Feel Great, and Live Healthy: Effective Tips to Burn Fat, Get Stronger, and Boost Energy (Live Lean, Live Healthy, Live Happy) Belly Fat (3rd Edition): 51 Quick & Simple Habits to Burn Belly Fat & Tone Abs! Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency) How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat (Abs, Ab Workouts, Healthy Living Tips) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons,

Marathon Training, Weight Loss Motivation) The Ketogenic Diet: The 30 BEST Low Carb Recipes That Burn Fat Fast!: Lose 15 Pounds with the The KetoDiet Cookbook in Two Weeks or Less! (The Ketogenic ... for Weight Loss - High-Fat Paleo Meals) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Reinventing Your Life: The Breakthrough Program to End Negative Behavior and Feel Great Again Adrenaline and Stress: The Exciting New Breakthrough That Helps You Overcome Stress Damage IIFYM: If it Fits Your Macros: The Ultimate Beginner's Guide (Flexible Dieting, Macro Based Dieting, For Weight Loss) If It Fits Your Macros: The Ultimate Guide to IIFYM Flexible Diet: Burn Fat, Gain Energy and Build Muscle, While Eating the Foods You Love (Eat Your Way Lean & Healthy) Coconut Oil Breakthrough: Boost Your Brain, Burn The Fat, Build Your Hair Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) The Wild Diet: Go Beyond Paleo to Burn Fat, Beat Cravings, and Drop 20 Pounds in 40 days Flexible Dieting: Use the Power and Simplicity of IIFYM to Lose Weight and Feel Great Intermittent Fasting and Feasting: Use Strategic Periods of Fasting and Feasting to Burn Fat Like a Beast, Build Muscle Like a Freak and Unleash Your Anabolic ... (Intermittent Fasting Bodybuilding Book 1)

[Dmca](#)