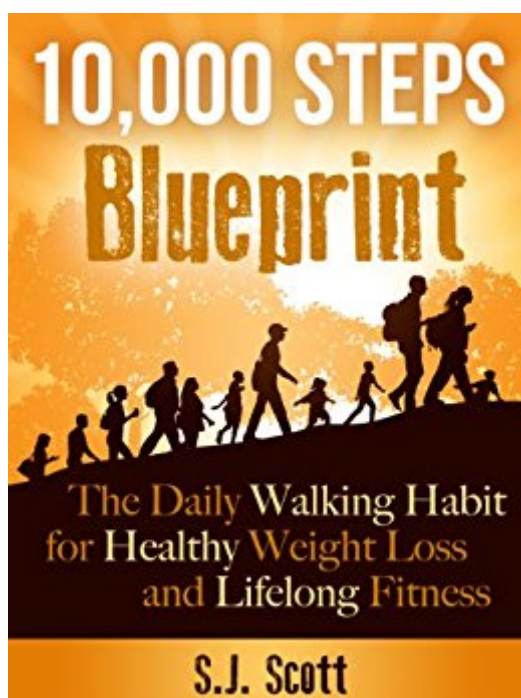


The book was found

# 10,000 Steps Blueprint - The Daily Walking Habit For Healthy Weight Loss And Lifelong Fitness



## Synopsis

**LEARN::** How to Walk 10,000 Steps Daily and Experience Healthy Weight Loss Are you tired of fad diets and exercise plans? Many people want a program that fits into a normal lifestyle, but don't know what's right for them. Unfortunately most programs ask you to do one of two things: 1) Follow a restrictive diet that can't be maintained 2) Complete a "bootcamp" course that requires HOURS of your free time. A simpler solution is to create a "10,000 Steps Habit", which can fit into any busy schedule. Why the 10,000 Steps Habit? Many people wonder about the benefits of walking 10,000 steps a day. What this habit gives you is a routine that improves your health and well-being. Furthermore, you'll do a simple exercise that can improve your social life and romantic relationships. Not only will you do something that's fun, you'll also lose weight in healthy manner. In the book "10,000 Steps Blueprint" you'll discover a blueprint for developing the walking habit. You'll find that it works best when it becomes part of your lifestyle. It's not a "here today, gone tomorrow" fad. It's not a temporary fix. Done correctly, it's a permanent change that can be a cornerstone of a healthier, fitter and happier existence.

**DOWNLOAD::** 10,000 Steps Blueprint - The Daily Walking Habit for Healthy Weight Loss and Lifelong Fitness "10,000 Steps Blueprint" contains a step-by-step plan for developing the walking habit. Here is a brief overview of what's covered:

- The Origin of the 10,000 Steps Habit
- How Far Is 10,000 Steps?
- 13 Health Benefits of Step Walking
- 4 Walking Items You'll Need to Get Started
- How to Create a Walking Plan that Actually Works
- 16 Shortcuts to "Pad" Your Daily Step Count
- How to Create Warm Up and Cool Down Routines
- 6 Obstacles That can Derail a Walking Habit (and Their Solutions)
- Power Walking: How to Turn 10,000 Steps into a Dynamic Activity
- The Importance of Injury Prevention

You can create a powerful walking. All you need is a strategy for getting started. Would You Like To Know More? Download now and start walking today. Scroll to the top of the page and select the buy button.

## Book Information

File Size: 2019 KB

Print Length: 75 pages

Simultaneous Device Usage: Unlimited

Publisher: Oldtown Publiishing LLC (December 14, 2013)

Publication Date: December 14, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00FVZ9ZSM

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #194,780 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #38

in Books > Health, Fitness & Dieting > Exercise & Fitness > Aerobics #97 in Books > Health,

Fitness & Dieting > Exercise & Fitness > Walking

## Customer Reviews

It's kind of funny to read a book about walking, when you know how to do it. However, this has gotten me very excited to begin working toward the goal of 10,000 steps! And to purchase a fit it one ASAP! Thank you for inspiring me to get off my butt.

Must be a pretty good book since it encourage me to go out and spend \$100 for a FitBit One to count my steps.

I completed my goal of 10000 steps by using the tips necessary to accomplish my goals. Thank you so much.

I love this book. It has made me motivated to start walking for my health. I liked all the suggestions for creating specific goals, apps to record steps and progress and stretches to do after walking. Thanks for writing this book!

This is a great book for the person who is new to walking/exercise....gives you the motivation and the means to make a plan to incorporate walking into your routine.

I love Steve's books! I just started walking again today only to come back from my walk and find Steve has created yet another GREAT BOOK! I'm a speed reader.....it's great and my new habit starting today!

Everything in the book was usable. It was simple to the point of being common sense, but we so often complicate things. The book really helped me recognize and deal with obstacles and it showed me a simple path to progress.

Practical advice on getting the most out of walking. I found some new tips and suggestions, even though I'm an avid walker. Particularly helpful for folks who are trying to develop a walking habit or practice.

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

10,000 Steps Blueprint - The Daily Walking Habit for Healthy Weight Loss and Lifelong Fitness  
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) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Weight Loss: The Ultimate Motivation Guide: Weight Loss, Health, Fitness and Nutrition - Lose Weight and Feel Great! (Motivation Guide, Fitness Motivation, ... To Lose Weight, How Motivation Wor) Algeria, Algeria 1:1 000 000: Alger, Oran, city map 1:12 500, Constantine city map 1:10 000, vicinity of Alger 1:300 000, administrative map 1:6 000 ... Karte der Verwaltungseinteilung 1:6 000 000 ATKINS DIET: Weight Loss Secrets and a Quick Start Guide For a New and Permanent You: Rapid Weight Loss Guide For Beginners, Rapid Weight Loss Guide, Atkins Rapid Weight Loss Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Hair Loss: Hair Loss Solutions for Beginners - Hair Loss Basic Guide - Hair Loss Cure (Hair Loss Protocol - Hair Loss Black Book - Hair Loss for Dummies 1) Clean Eating: Clean Eating Diet: The 7-Day Plan for Weight Loss & Delicious Recipes for Clean Eating Diet (Clean Eating, Weight Loss, Healthy Diet, Healthy ... Paleo Diet, Lose Weight Fast, Flat Belly) Ketogenic Diet For Beginners: Simple and Fun 3 Weeks Diet Plan for the Smart (Ketogenic Diet, Weight Loss, Keto Diet, Fat Loss, Ketogenic, Health, Fitness, Ketogenic Diet For Weight Loss( Weight Watchers Daily Recipes Cookbook: The Ultimate Weight Loss Cookbook (Breakfast Recipes, Lunch and Dinner Delicious Recipes for weight loss) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) DASH Diet: Proven Steps To Rapid Weight Loss, Lower Blood Pressure,

Lower Cholesterol And Prevent Heart Disease (DASH Diet for beginners, Weight Loss, Boost Metabolism, Healthy) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) The Instinctive Weight Loss System - New, Groundbreaking Weight Loss Product- 7 CD's, Over 7 hours of Hypnosis for Weight Loss and Mind Reconditioning Sold in Over 40 Countries Worldwide Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1) Ultimate Weight Loss Smart Points Beginner's Guide: Everything You Need to Know for Rapid & Sustainable Weight Loss (Includes 50 Weight Loss Tips, 30 Day Meal Plan, and Recipes) Slow Carb Recipes: Simple Weight Loss Recipes To Lose 20 Pounds in 30 Days and Increase Energy Without Exercise!: Weight Loss Recipes (Slow Carb Weight Loss Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)