



Weight Watchers Walking Kit - DVD, CD, and Booklet

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Walk At Home DVD: With Weight Watchers, walking at home is easy, upbeat and fun. Rain or shine all you need is this DVD and a pair of sneakers. We've included 4 different timed segments so that it's easy to get started, stay active and keep motivated. Complete Walking Guide: This 50-page booklet gives you walking tips to maximize your walking efficiency and safety. The Complete Walking Guide also includes a 23-week walking program to help you progress and build up your stamina! # Walk On-the-Go CD Walking outside? Take a personal trainer with you as your walking buddy with this walking CD featuring instruction and motivation from a top fitness coach! ? 20-Minute Walk ? 30-Minute Walk ? 40-Minute Walk ? 10-Minute Walk - a great starting walk you can use to build up your stamina ? 20-Minute Walk - stay engaged as we add a few movements to maximize your walk ? 30-Minute Walk - keep up your stamina and maximize your fitness ? 10-Minute Power Walk - to add a little challenge when you only have a little time Each walking segment includes a warm up and cool down.

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Michelle Huffman:

Have you spare time to get a day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent their spare time to take a go walking, shopping, or went to often the Mall. How about open or even read a book eligible Weight Watchers Walking Kit - DVD, CD, and Booklet? Maybe it is being best activity for you. You already know beside you can spend your time with your favorite's book, you can better than before. Do you agree with it is opinion or you have additional opinion?

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