



10,000 Steps Blueprint - The Daily Walking Habit for Healthy Weight Loss and Lifelong Fitness

By S.J. Scott



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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.

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"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?

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