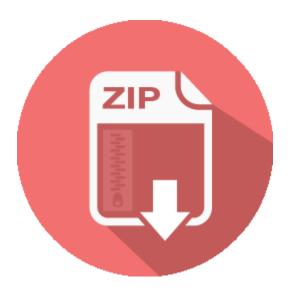
HOW TO START WALKING FOR WEIGHT LOSS



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Walking helps you burn calories and fat, which is necessary for weight loss. The recommendation is 60 minutes a day a few times a week. Generally, for a 160-pound person, walking will burn about 100 calories per mile. http://ebookslibrary.club/How-to-Start-Walking-for-Weight-Loss-Verywell-Fit.pdf

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I enjoy walking for weight loss and more importantly for the health benefits. In fact, nowadays, I like to combine both walking and running in order to maintain a balanced lifestyle that s free from the pain often associated with the constant pounding of putting in hard miles while running.

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Walking and swimming are the best exercises for weight loss ..the dr told me that I need a complete knee replacement so I started doing these two exercises and went from walking with a cane to walking pretty normally.

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