

[HOW TO START WALKING FOR WEIGHT LOSS](#)



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Have a hefty weight loss goal? Consider walking, not running, toward your best new body. A recent British study found people who regularly walked for fitness albeit at a fast pace weighed less

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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.

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Walking for Weight Loss The Ultimate Guide to Walking Off

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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How Much Walking You Need To Lose Weight

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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