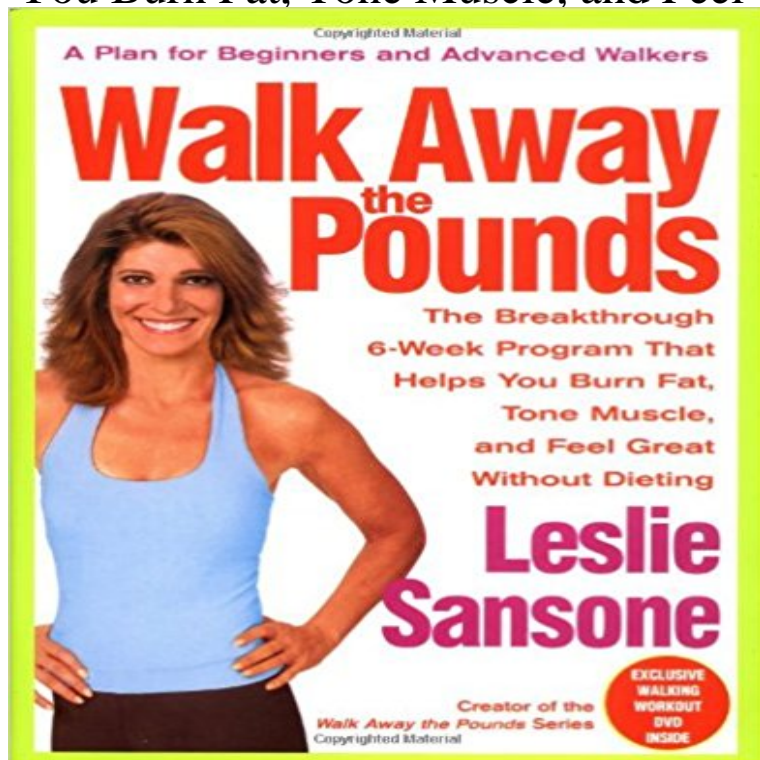


Walk Away the Pounds: The Breakthrough 6-Week Program That Helps You Burn Fat, Tone Muscle, and Feel Great Without Dieting



The #1 name in fitness videos delivers her first book on the principles, exercises, and recipes for healthy living. Leslie Sansone and her fitness videos have been more successful at getting women up off the couch and walking than anyone else in the fitness industry. The secret? Removing the intimidation that keeps so many women from getting started. Now, in her first book, Leslie includes a breakthrough 6-week program to help readers easily walk away the pounds, using walking and strength-training routines to burn fat, firm muscle, and increase metabolism. With chapters devoted to diet and nutrition, obesity, and the elderly, WALKAWAYTHEPOUNDS is infused with the infectious blend of motivation, warmth, and spirit that has made Leslie famous and given millions of women a new chance at healthy living.

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