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Walk To Win: The Easy 4 Day Diet & Fitness Plan

Fred A. Stutman

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Walk to Win present irrefutable medical evidence that a regular walking program reduces the incidence of heart disease and strokes, reduces blood pressure, relieves stress and tension, retards certain forms of arthritis and cancer, promotes weight loss and weight control, and increases longevity from 15-25 years above the normal life span. Walk to Win is an easy, safe, effective method of achieving permanent weight loss and cardiovascular fitness

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Benjamin Munk:

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