



Walk Off Weight: Burn 3 Times More Fat with This Proven Program

Michele Stanten

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Walking is America's #1 form of exercise--and with good reason. It's easy, cheap, and can be done anywhere.

Now, *Prevention* magazine takes fun, low-impact walking to the next level with a new 8-week program that will help you lose 3 times more weight--and keep it off.

Designed by certified fitness trainer Michele Stanten, the program jump-starts weight loss with core and lowerbody strength exercises as well as special walking routines, including interval walks, which research shows burn calories twice as fast as regular walking.

Women who tried the program for 8 weeks:

- Lost up to 22..." pounds and 123/4 inches
- Lowered their blood pressure and blood glucose levels
- Had less back and joint pain
- Improved their posture, balance, flexibility, and boosted their energy

Paired with a delicious, well-balanced meal plan and easy strength-training exercises, *Walk Off Weight* also helps you pick out the perfect walking sneakers and gives you technique tips to increase your speed and avoid soreness or injury.

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