



# Walking to Lose Weight for women

*Mirsad Hasic*

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Walking to Lose Weight for women Mirsad Hasic

## Losing Weight is Simpler Than You Think...

### ...Discover How Easy You Can Lose 3 Pounds in a Week, Today!

In this book I am presenting simple methods that I used to help my wife lose 3 pounds in a week. This is not another book that recommends you to be on a diet that would do more harm than good to your body. Instead, these methods are the ones any women can adapt and use successfully to lose 3 pounds in a week.

### A 7 Days Designed Meal Plan!

This book contains a pre-designed 7 days meal plan that is low in calories but contains all the necessary nutrients to make your body function normally. These meals are full of energy and will make you feel fuller longer while also help you keep the calories in control, thus allowing you to lose more weight.

### Lose 1500 Calories per Day!

By using proper nutrition combined with exercises and workouts anyone can do at any level you will be able to burn approximately 1500 calories which equals to 300g of milk chocolate or one regular pizza! Don't worry I will not force you to exhaust yourself, instead you will feel so good about your new habits that you wouldn't even dream about going back to your old habits ever again!

### Tips to Help You Keep Your Motivation up!

In this book I am giving you tips that will help you stay motivated as you work toward your goal of losing 3 pounds in a week. These tips are designed to help you get out the most of each day and show you the common pitfalls you need to watch out for!

### Do You Want To Start Losing Weight Today?

Discover that losing weight is not rocket science and that anyone can do it with right tools. Simply scroll to the top of this page and click on the "**Buy Now With 1-Click**" button!

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What is your hobby? Have you heard that question when you got scholars? We believe that that query was given by teacher with their students. Many kinds of hobby, Every individual has different hobby. And you also know that little person like reading or as reading become their hobby. You must know that reading is very important as well as book as to be the point. Book is important thing to include you knowledge, except your own teacher or lecturer. You find good news or update concerning something by book. Different categories of books that can you choose to use be your object. One of them is this Walking to Lose Weight for women.

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