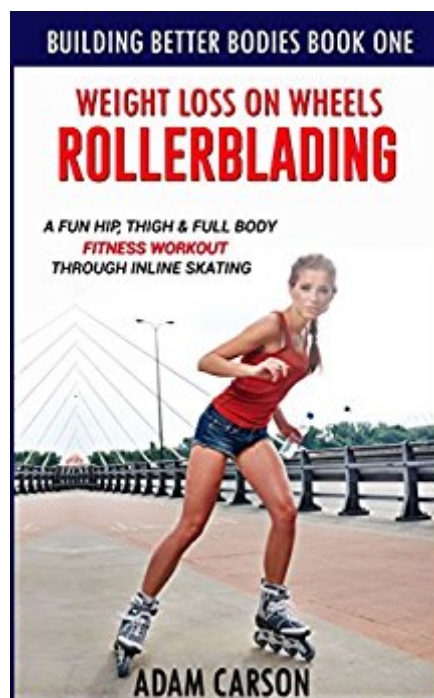




The book was found

Weight Loss On Wheels: Rollerblading: A Fun Hip, Thigh And Full Body Fitness Workout Through Inline Skating (Building Better Bodies Book 1)



Synopsis

Weight loss is a growing business in today's world of rampant obesity and there are tens of thousands of books on the subject, many on dieting and almost as many on general fitness and exercise. Often, many people become disillusioned with these regimes as they can take the fun out of life. But what if there was a solution to the problem? One where you could lose weight and have fun at the same time? Weight Loss through Inline Skating, is just such a solution. Inside this amazing new book you will learn a new way to lose weight, while taking up a fun and interactive sport at the same time. The book consists of three parts. The first two examine getting started and the exercises you can do, giving an insight into things like; • The benefits of inline skating • The mechanics involved • Proper preparation • Muscle impact • Calorie burning In the final part of the book we look at motivation and performing consistent routines to help with your daily exercises and even how it can impact on your mental health and wellbeing. Inline skating for fitness and weight loss requires total body movement. It provides toned muscles, a healthy lifestyle and group and social benefits too. Get your copy of Weight Loss through Inline Skating today and see for yourself how it could impact on your health and wellbeing.

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