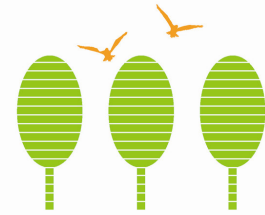


walking workouts



power walking + body conditioning

Walk+Slim Course

**Get in shape with this
4-week course of power walking +
body conditioning exercises, designed
to help you to walk away those
unwanted inches!**

**Tailor-made programme to meet
your own body shape goals**

Includes:

- 2 or 3 Walking Workouts per week**
- + 1 WalkAbout Workout**
- + Homework Programme**
- + Free Resistance Exercise Band**
- + Weekly Personal Progress Check**
- + Suzy's Tried+Tested Inch-Loss Tips+Cheats**

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