
Fitness Walking to get in shape

Posted by glenn - 2008/05/08 15:42

Our latest tips involve an often overlooked way of losing weight and becoming fit. Just by walking. Please read out Fitness Walking article and leave comments here or in the comment area of the article / blog. I hope you find this useful.

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Re:Fitness Walking to get in shape

Posted by SDtrainer - 2008/05/23 16:28

Yeah, thank you for sharing this article. I believe in walking and the benefits it gives back. Such a simple task but can be a great potential for weight loss!

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