

You

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Synopsis

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inLanguage	english

In this original audio program, which will be a must-listen for the millions of *You: On a Diet* fans, Doctors Roizen and Oz bring their trademark style to the task of motivating and managing listeners as they adopt the 30-minute daily walk regimen at the heart of the YOU fitness philosophy. In *You: On a Diet*, Roizen and Oz repeatedly emphasize the need for a 30-minute daily walk in any weight-loss effort. In *You: On a Walk*, they provide listeners with the music and motivation they need to take that 30-minute walk and to make it worth their fitness while. *You: On a Walk* presents two complete, 30-minute walks, each at its own fitness level, and each set to music that is timed and paced accordingly. Accompanying the music is the authors' occasional commentary (inspiring, informative, and entertaining) designed to let listeners know more about walking and to keep them going for the entire 30 minutes. By summarizing key facts and elements from the book, the authors' commentary will serve as a refresher course in the *You: On a Diet* philosophy. Each walk is preceded by guided warm-up stretches and gradually rises and falls in pace, concluding with a cool-down period. Designed to appeal specifically to the millions of people who have already embraced the principles of *You: On a Diet*, *You: On a Walk* is the perfect and natural audio companion to the weight-loss phenomenon that is changing the way America eats and walks.

Reader's comments

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