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Weight Watchers Walking Kit - DVD, CD, And Booklet



Synopsis

Walk At Home DVD: With Weight Watchers, walking at home is easy, upbeat and fun. Rain or shine all you need is this DVD and a pair of sneakers. We've included 4 different timed segments so that it's easy to get started, stay active and keep motivated. Complete Walking Guide: This 50-page booklet gives you walking tips to maximize your walking efficiency and safety. The Complete Walking Guide also includes a 23-week walking program to help you progress and build up your stamina! # Walk On-the-Go CD Walking outside? Take a personal trainer with you as your walking buddy with this walking CD featuring instruction and motivation from a top fitness coach! ? 20-Minute Walk ? 30-Minute Walk ? 40-Minute Walk ? 10-Minute Walk - a great starting walk you can use to build up your stamina ? 20-Minute Walk - stay engaged as we add a few movements to maximize your walk ? 30-Minute Walk - keep up your stamina and maximize your fitness ? 10-Minute Power Walk - to add a little challenge when you only have a little time Each walking segment includes a warm up and cool down.

Book Information

DVD-ROM

Publisher: Weight Watcher's (2009)

Language: English

ASIN: B000SR5N34

Package Dimensions: 8.1 x 5.9 x 1 inches

Shipping Weight: 8.8 ounces

Average Customer Review: 4.5 out of 5 stars 6 customer reviews

Best Sellers Rank: #677,831 in Books (See Top 100 in Books) #101 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Watchers

Customer Reviews

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Another successful fitness DVD of Ellen Barret's. It's great after a period of lack of training because you can choose from an easy 10-minute on-site walk to a 10-minute power walk. Once you get fitter you can progress to the also fun and easy 20 and 30 minute walks. It has a DVD you can take with you when you are out in the street wanting to optimize those errands. Very recommendable.

I love this DVD, easy to follow and you get lots of steps in. It also has a cd as well but I only use the DVD.

While I love the Leslie Sansone series of walking DVD's by Leslie Sansone it's nice to see a fresh face in the walk at home dvd's. Ellen Barrett does a great job of queing and you can do as little as 10 minutes of walking exercise. There is more marching than Leslie Sansone but there are some new moves too. You can choose from the 10 minute beginner walk, 20 minute or 30 minute, AND there is a 10 minute POWER walk you can add to crank it up to 40 minutes total, if you wish. It also comes with a CD to listen to if you're outside walking. It would have been PERFECT if it CAME WITH a pedometer. All in all, I'm very happy with it.

We already have one of these purchased about 8 years ago at Weight Watchers. My husband wanted to get another so we didn't have to take it from upstairs to the basement when we wanted to use it down there, so I purchased a second one. We are very pleased with the item. It was brand new as promised and completely intact.

I would recommend this product to anyone that wants to add exercise into their routine and start the first steps to a healthier life. It is a wonderful dvd that anyone can do

Nothing special just okay

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