



Walk Your Butt Off!: Go from Sedentary to Slim in 12 Weeks with This Breakthrough Walking Plan

By Sarah Lorge Butler

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Walk Your Butt Off!: Go from Sedentary to Slim in 12 Weeks with This Breakthrough Walking Plan By Sarah Lorge Butler

The practical walking program that takes readers from flabby to fit in 12 weeks with a variety of walks and easy-to-incorporate lifestyle changes

This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster. Developed by former *Prevention* fitness director and walking expert Michele Stanten, *Walk Your Butt Off!* will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results. Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day. And, at no more than 30 minutes each, these daily walks can fit into even the busiest schedule. Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci, this easy step-by-step guide to permanent weight loss is suitable for everyone.

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Editorial Review

About the Author

Sarah Lorge Butler is the author of *Run Your Butt Off!* and is a *Runner's World* contributing editor. Her work has also appeared in *The New York Times*, *Redbook*, *Women's Health* and *American Baby*.

Michele Stanten, an ACE-certified fitness instructor, was the fitness director of *Prevention* for 20 years. She is the author of *Walk Off Weight* and has appeared in dozens of Prevention Fitness Systems DVDs.

Leslie Bonci, MPH, RD, CSSD, LDN, is the director of sports nutrition at the University of Pittsburgh Medical Center. She counsels clients ranging from individuals struggling to lose weight to scholarship athletes at Pitt who need to eat for better performance.

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