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PREVENTION GUIDE

# Walking Fit

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- > **See Results in 4 Weeks!**

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"I walked  
off 96 lb!"

**LESLIE  
SANSONE**  
Shares Her Secrets  
to Keep Walking  
**FUN!**



# Stick<sup>to</sup> Your Walks No Matter What!

Walking expert Leslie Sansone  
shares strategies that work

by Maggie Spilner

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Walking fit 35



Leslie Sansone



Go ahead—by this at home!

Ask anyone what the biggest obstacles are to fitting in regular walks, and their response will be “finding the time” or “staying motivated.” Fitness experts aren’t immune to the time-crunch and occasional lack of motivation either. The difference is that they know ways to beat those barriers and stick with a regular routine.

“I battle extra pounds just like most people in this country,” says the originator of the *In-Home Walking* videos, Leslie Sansone. “I love to cook, and I love to eat. So exercise is very important to my lifestyle.” Here, Leslie

shares just how she manages to work exercise into her hectic lifestyle—and how you can too.

## Leslie's Stick-to-It Secrets

Here are six ways Leslie gives fitness the priority it deserves in her life.

### 1. Do your workout first thing in the morning.

Put on your walking clothes as soon as you get up to ensure you'll get a walk in every day. “As soon as my kids are off to

school, I am off to walk—indoors or out,” says Leslie. “If I put my exercise off, I’m more likely to run out of time or energy.”

**2. Count short walks.** Remember that a little is a lot when it comes to fitness. “Even a 10-minute walk is very potent,” notes Leslie. “I know that making the effort to be more active all day long makes a difference!” So the next time you miss your 30-minute walk, focus on the 10-minute walk you took at lunch instead of getting discouraged. “Ten minutes is much better than not walking at all.

**3. Add some variety.** You can keep your walks interesting by purchasing a few inexpensive accessories. For instance, invest in new walking tools such as a pedometer or heart rate monitor, or treat yourself to a comfy new pair of walking shoes. You might also consider a larger purchase to alternate other activities with your walks.



Go on a sneaker shopping spree.

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## I Lost 55 Lb and Went Off Insulin!

Imagine the joy of losing weight, and then finding out that you not only look great, but you can ditch your insulin medication too! That's what happened when I went to see my doctor after spending several months using Leslie Sansone's *In-Home Walking* videos. Along with revamping my eating habits, I began to workout every day with the help of Leslie's tapes and I not only lost weight, but I gained control over my diabetes. In addition to being able to discontinue my daily medication, I lost 55 lb, 11 inches from my waist, and 4 inches from my neck.

I started out with Leslie's 1-mile tape. I was skeptical about whether or not walking indoors would do me any good. I was surprised to find out how much I enjoyed the tape. Leslie is so encouraging, and she makes you feel like you're doing something good for yourself every minute you exercise. So then I moved up to the 2-mile tape, which my husband did with me. We both loved it. Finally I tackled the 3-mile tape.

I'm delighted to see my stamina increase, and I'm lifting my legs higher and higher when I do kicks and knee raises. I also walk outside most days of the week, and Leslie's tapes have helped those challenging walks on hilly terrain seem easy. I'm learning the discipline of regular exercise and the great things it brings to my life!

—Beth Lora



#### 4. Walk with friends whenever you can.

You'll be more likely to stick to a walking routine if you have someone to walk with you. You can walk with your spouse, your kids, even the family dog provides great company. "Having a buddy makes the time fly—and we motivate each other to walk farther or faster," Leslie explains. "Plus we maintain healthy relationships."

#### 5. Stay motivated with magazines.

Even experts like Leslie—who already know a lot about fitness—keep up with the current health and fitness magazines. "I keep inspiring publications coming to my mailbox," she says. "Spending some time on a regular basis with a copy of *Prevention* or *Walking Fit* and a cup of tea keeps me turned on to working out."

#### 6. Use videos to meet your needs.

Use Leslie's *In-Home Walking* videos exclusively or just when you want a convenient workout. "They can be your whole program, or they can supplement your program by adding a more all-around workout and by allowing you to exercise at home when you can't get outside for any reason," she says.

#### Leslie's Workouts Get Results

Leslie's videos are a powerful ally for walkers because they provide you with a great walking workout right in your living room—no worries about bad weather or unsafe walking paths. In addition to walking, the workouts include simple arm and leg movements to boost your workout and tone your entire body. That means that while you're walking, you're getting a "bonus" strength workout from doing lunges, kicks, and biceps curls. Plus, some of her videos use hand weights or special

resistance devices to take the intensity up a notch or two.

Why did Leslie create walking videos and not typical aerobics videos? She noticed that most aerobics classes were just too complicated and intimidating to a lot of people. So while in college, she created a simplified aerobics class and called it "walking." Eventually she opened her own studio, which led to creating a video for a

student to take on vacation. And that led to the creation of her very successful *In-Home Walking* video series.

## I Lost 134 Lb and Beat Back Pain

I have been overweight all of my life. I was teased by my peers in childhood and led a boring, unhealthy life. Food was my comfort and safety net. I was glad to get out of school, but in my 20s things got worse.

In the early 1990s, I was diagnosed with a herniated disk in my lower back. Carrying 300 plus pounds didn't help. Every bone in my body ached, and I had severe back pain. I would often be bedridden for days, unable to move.

Finally, in 2001 I was rushed to a neurosurgeon to be evaluated for surgery. He said rather than surgery, it was time for a change in my lifestyle. He insisted I start walking. I had lost 30 lb doing Weight Watchers, but I needed to do more.

I decided to use *In-Home Walking* videos to get started. They changed my life. I have lost 134 lb by walking with those videos 5 days a week. I love the support and encouragement I get from them. I walk outside too, but the videos seem to keep me on track. I have a much happier life, and I feel so much younger without all that pain!

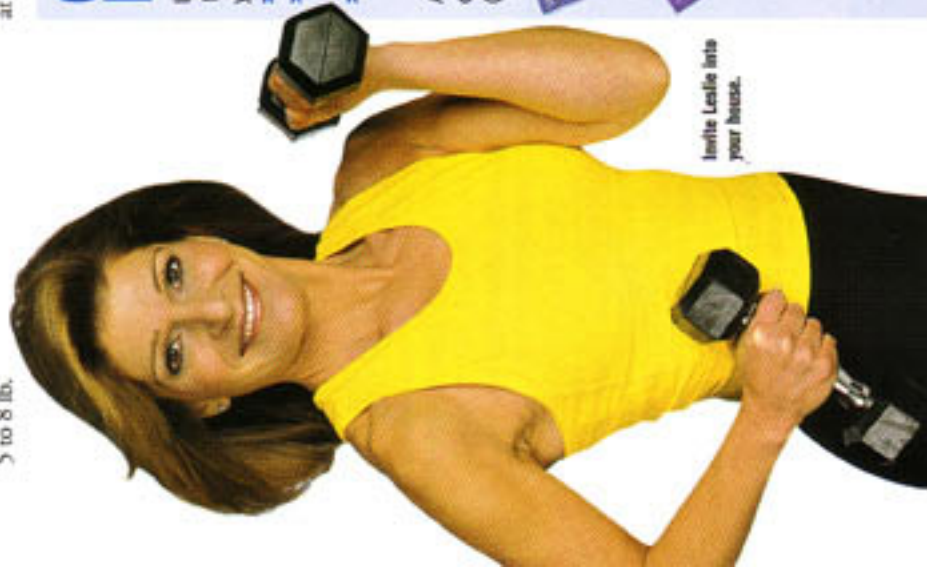
—Pat Werner  
Turn on to new walking trends.



## Take It Up a Notch

Once you are walking consistently with Leslie's *In-Home Walking* videos and lifting weights or doing some other type of resistance training, you may want to increase your challenge. **Here's what you can do to increase the intensity.**

**Use heavier hand weights.** As long as you're experienced and know how to move carefully and correctly, try experimenting with heavier hand weights—say 5 to 8 lb.



Invite Leslie into your house.

**Add a weighted vest.** It may be easier for you to wear a weighted vest to burn more calories. Just save more strenuous upper body work for a separate workout.

**Wear weighted walking shoes.** New weighted walking shoes, with the weight positioned at the heel of the shoe, rather than on the ankle, can be used safely to boost calorie burn as well as tone calves, thighs, and buttocks. Heavy Air walking shoes retail for about \$159. Learn more at [www.heavyair.com](http://www.heavyair.com).

## Get Leslie's Latest Videos!

Leslie Sansone's newest *In-Home Workout* package could transform your walking routine! It includes:

- > 3 new and exciting videos.
- > NEW "Stretchie" band for stretching and toning to boost your walk.
- > Express Walking Guide with an eating plan, fitness and motivation tips, and a workout calendar.

Available at [www.lesliesansone.com](http://www.lesliesansone.com) or call toll-free (888) 440-WALK (9255).

