

# Stick to Your Walks No Matter What!

Walking expert Leslie Sansone shares strategies that work  
by Maggie Spilner

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 mile is a lot after school or after work. "Even a 15-minute walk is very potent," says 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 15-minute walk you took at lunch instead of getting discouraged. This minute is much better than walking at all.

### 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 diversify other activities with your walks.



### I Lost 55 Lb and Went Off Insulin

Imagine the joy of losing weight that fitting out that you not so great, but you can ditch your medication, too! That's what happened when I went to see my doctor after spending several months watching Leslie Sansone's In-Home videos. Along with reworking my eating habits, I began to walk every day with the help of Leslie and I not only lost weight, but control over my diabetes. In order to be able to discontinue medication, I lost 55 lb. I lost my waist, and 4 extra necks.

I started out with Leslie's 30-day plan. I was skeptical about not walking indoors on any good, but I was surprised how much I enjoyed it. It is so encouraging, and you feel like you're doing good for yourself every day. So then I made a 2-mile tape, which my doctor and I both loved. I'm delighted to see how much, and I'm so higher and higher when I see results. I also walk days of the week, and have helped train a dog on his own terms. It's the discipline of it and the great things that

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## Walking Fit

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End Foot Pain NOW!  
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"I walked off 96 lbs!"



### Take It Up a Notch

Once you are walking consistently with Leslie's In-Home Walking videos and following her tips, 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 use them carefully and correctly, try experimenting with heavier hand weights—up to 8 lb.

### 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 "Stretch" band for stretching and using to boost your walk.
- NEW Exercise Walking Guide with an eating plan, fitness and nutrition tips, and a workout calendar.

Available at [www.lesliesansone.com](http://www.lesliesansone.com) or call toll-free (800) 840-6843 (US only).



### 4. Walk with friends and family members 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 faster at times," Leslie explains. "Plus we maintain healthy relationships."

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### Leslie's Stick-to-it Secrets

Here are six ways Leslie goes from 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



From the video you're looking for!

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

Use Leslie's In-Home Walking videos exclusively or just when you want a complete workout. "They can be your 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 weather, no bad weather or unsafe walking paths. In addition to walking, the workouts include simple core 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



LESLIE SANSONE Shares Her Secrets to Keep Walking FUN!