



## Weight Watchers Country Walk! (Trade)

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Take a *country* walk with Weight Watchers!

The fitness walking workout you want -- to the catchy country rhythm you love!

Take *Weight Watchers Country Walk!* along for a walking workout that's safe, fun and scored to a bouncy country beat. Regular fitness walking can produce the same calorie burning and health benefits as running -- you just need to walk longer, and more often. Designed with the beginner to intermediate fitness walker in mind, and developed in association with Weight Watchers exercise physiologists, *Weight Watchers Country Walk!* will provide you with the guidance and assurance that most of us need to help keep pace with our fitness goals.

Filled with tips on form, focus and technique, and set to a lively, original country music score, *Weight Watchers Country Walk!* lets you determine the length of your walking workout; you can either choose to follow the full 50-minute program, or, if you want a shorter workout, simply turn the tape over when you reach your personal halfway mark. Either way, you'll also be guided through a warm-up and cool-down, as well as gentle, relaxing stretches illustrated in the enclosed booklet.

Take Weight Watchers along the next time you step out -- and step to the country beat that's taking the nation by storm!

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