

## [WALKING AND LOSING WEIGHT](#)



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The researchers estimate that increasing water intake by 1.5 liters a day (about 6 cups) would burn an extra 17,400 calories over the course of the year that's a weight loss of approximately five pounds. Now imagine maximizing that water weight loss hack with metabolism boosting walk.

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You might be able to lose weight that way, depending on the duration and intensity of your walking and what your diet's like. A combination of physical activity and dietary changes that include eating fewer calories seems to promote weight loss more effectively than does exercise alone.

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Walking to Burn Fat and Lose Weight. Walking is often recommended as part of a weight loss program. Find out how far, how fast and how often you should move to burn fat and walk off weight.

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### **Walking for Weight Loss The Ultimate Guide to Walking Off**

The Health Benefits of Walking for Weight Loss. If you're planning on starting a walking regimen to boost your overall health and to lose weight, there are probably several questions on your mind.

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### **Here's How Walking Can Help You Lose Weight**

Walking to lose weight shouldn't be all about walking, says Davis. Stop every block and do 15 to 20 squats, perform incline pushups or triceps dips on a park bench, and do walking lunges down

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