

## [WILL WALKING HELP LOSE WEIGHT](#)



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How to Boost your Weight Loss. Don't forget that walking is just one way of losing weight. For more tips and helpful advice on how to boost your weight loss, read my other posts: You can find more tips on how to lose weight in my post about the best 9 secrets of losing weight without a diet.

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Walking briskly or jogging really does calm you down by sparking nerve cells in the brain that relax the senses, new research has shown. And that's good news for your weight loss goals. See, stress can actually cause the body to metabolize food more slowly, according to research published in the journal Biological Psychiatry. To make matters worse, the food we crave when we're stressed out tends to be fatty and full of sugar.

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

That said, there are some guidelines that will make walking for weight loss a hell of a lot more effective:

Advertisement - Continue Reading Below 1 Aim for at least 15,000 steps a day.

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