



The GI Walking Diet: Lose 10lbs and Look 10 Years Younger in 6 Weeks

Joanna Hall

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The six week programme designed to revolutionise your health. A diet, recipes and walking plan especially designed with the over 40s in mind to increase your levels of health and combat age-related problems, by the UK's leading name in health and fitness, Joanna Hall.

After a year researching the over 40s market, leading name in the fitness industry Joanna Hall has designed a diet and fitness programme that builds health and weight loss in simple steps. Old habits die hard, but here she shows you how to make new, healthy habits stick, slowly but surely. Her mantra is: small steps make big changes.

- Take her 10,000 steps a day walking challenge
- Discover why a pedometer will revolutionise your fitness
- Learn tips on how to combat osteoporosis, high blood pressure, arthritis, menopausal symptoms and overweight with food and exercise plans

So take the challenge – and stop kidding yourself if you think that pottering in the garden with a pair of secateurs or taking the dog for a 10 minute walk is making you fit!

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