



Weight Watchers Walking Kit - DVD, CD, and Booklet

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Walk At Home DVD: With Weight Watchers, walking at home is easy, upbeat and fun. Rain or shine all you need is this DVD and a pair of sneakers. We've included 4 different timed segments so that it's easy to get started, stay active and keep motivated. Complete Walking Guide: This 50-page booklet gives you walking tips to maximize your walking efficiency and safety. The Complete Walking Guide also includes a 23-week walking program to help you progress and build up your stamina! # Walk On-the-Go CD Walking outside? Take a personal trainer with you as your walking buddy with this walking CD featuring instruction and motivation from a top fitness coach! ? 20-Minute Walk ? 30-Minute Walk ? 40-Minute Walk ? 10-Minute Walk - a great starting walk you can use to build up your stamina ? 20-Minute Walk - stay engaged as we add a few movements to maximize your walk ? 30-Minute Walk - keep up your stamina and maximize your fitness ? 10-Minute Power Walk - to add a little challenge when you only have a little time Each walking segment includes a warm up and cool down.

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