



20,000 Steps: Easy Ways to Add More Steps to Your Day!

Charity Grant

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Have you ever wondered how many steps you'd actually gain if you paced through the commercials of your favorite show? Vacuumed your house in between dust bunny revolts? Took those extra 20 stairs to go pee in the 2nd floor bathroom?

Charity Grant answers those questions - and many more - in a book that is:

- Delightfully tongue in cheek
- Surprisingly practical
- Meticulously researched

Overall, Charity produces that most elusive of publications - the self-help book that's not only helpful but grounded in solid facts and refereed scientific studies.

Even better, the author claims that if you follow her advice and don't add at least 10,000 steps to your daily total, she will personally come to your house and circle your dining room wearing your Fitbit® until you do!

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