

leslie sansone
walk
athome

5 Mile Fat Burning Walk!

Are you ready to sweat? Then let Leslie show you how to "walk like a runner" in this exhilarating multi-muscle cardio and fat-blasting walk. With our classic, no frills, easy to follow Walk At Home steps along with Leslie's infectious enthusiasm and energy, you can walk 5 miles and never leave your house. High energy music keeps your pace at 12 minutes for each of the 5 miles. Customize your walk by mixing and matching the miles to create your own personal workout for pure fat burning fun. You can choose 1, 2, 3, 4, or 5 miles! This walk is so effective it will crank up your metabolism and enable you to take on your busy day with enthusiasm. So come on...put a smile on your face and have a blast with this ultimate, heart pumping, high energy experience!

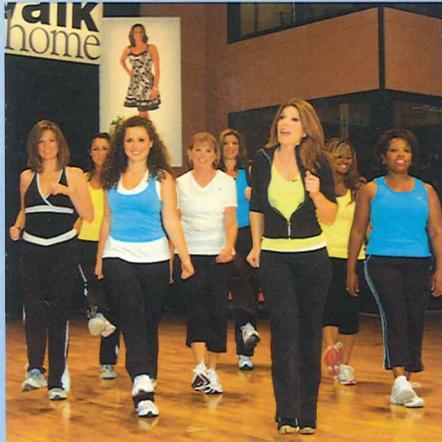


0 1313 15562-9 2

Meet Nicole a cast member who walked off 106 pounds. Listen to her inspiring testimony after our walk.

DVD Includes:

- Five 12 minute miles plus
- Cool Down and Stretch - 65 minutes
- Nicole's Story - 8 minutes
- Total Run Time - approx. 73 minutes



leslie sansone
walk
athome

5 Mile Fat Burning Walk

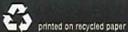
leslie
sansone
walk
athome

5 MILE Fat Burning WALK

Mile Markers Let You Choose:

- 1 Mile
- 2 Mile
- 3 Mile
- 4 Mile or
- 5 Mile Walks!

*The Easy
Way to Lose
Weight...Fast!*



printed on recycled paper

www.anchorbayent.com/fitness

www.walkathome.com

Color

73 Mins.

Not Rated

Stereo

Full-Frame Presentation



Distributed By Anchor Bay Entertainment, LLC, 2950 N. Hollywood Way, 3rd Floor, Burbank, CA 91505. Package Design © 2008 Anchor Bay Entertainment, LLC. All Rights Reserved. This disc was designed with many advanced features and is in compliance with all applicable DVD specifications. Some machines may not have the ability to access all of these features.

ZDV15562LIT
DVD
TM



DV15562