



# Eat Smart, Walk Strong: The Secrets to Effortless Weight Loss

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**Eat Smart, Walk Strong: The Secrets to Effortless Weight Loss** Leslie Sansone , Sherri Flynt (Contributor)

Fitness expert Leslie Sansone applies her proven six-week plan format to reforming the way we eat. Each week is focused on a theme of bad habits to break and good habits to develop.

## Eat Smart, Walk Strong: The Secrets to Effortless Weight Loss Details

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# **From Reader Review Eat Smart, Walk Strong: The Secrets to Effortless Weight Loss for online ebook**

**David Ward says**

Leslie Sansone's Eat Smart, Walk Strong: the Secrets to Effortless Weight Loss by Leslie Sansone (Center Street 2007)(613.7). Fitness guru tells all. You mean that all I have to do is stop eating and start working out? My rating: 6/10, finished 2008.

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**Ashley says**

Good basic review of health and nutrition. Nothing earth shattering, but it was motivating and just a good reminder with no fanaticism.

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**Lyn says**

I don't know that I'd say weight loss is effortless, especially at my age. This book was a terrific resource.

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**Annburnett says**

Love to read Leslie Sansone's books periodically. This one focuses on exercising and eating better for your health. It has a six week plan to increase your exercise and a weekly focus on your eating plan.

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**Katrina says**

Leslie offers sound practices that will help you to take small steps that will help lead to a new lifestyle change. She addresses a different behavior change each week (suggesting you spend longer on that behavior if it seems to be a more difficult one for you). There is a diary of sorts for you to keep track of what you eat and comment on how you think you did each day as well as space to track how many miles or minutes you've walked (since walking is her thing) and water you've drunk. I like this book because it is practical and really not hard to follow because you're just committing to doing one thing differently each week. I also like Leslie, in general, because she focuses on a lifetime of healthy living not just a crash diet or intensive exercise program to lose a lot of pounds quickly but unsafely.

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**Luann says**

This is a great book for someone not looking for a traditional diet plan and doesn't like to exercise - too good

to be true, right? Walking is the easiest and cheapest form of exercise and it works. This 6-week "plan" focuses on increasing the distance (and speed) of walking to loose weight. Every week also has a specific "habit" to work on - from portion control, to healthy fats that should be included in your diet. It's a great "starter" book for someone looking to start a health/fitness program.

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### **Mizbooks says**

own

I love Leslie's walking programs, and her books have been fantastic, too! This one is based on eating healthier and getting in your walking. :)

A lot of this book had traces of "intuitive eating", so I appreciated that. :)

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### **Carla JFCL says**

A short review for this one, because there's not much to say beyond the fact that I liked it and will find it helpful. There was not a lot of nutrition info that was brand new to me, but the section explaining how the body burns energy, uses and stores calories, etc., was really good and explained this in a way that finally is clear to me. There are many really good recipes in the book, and since I actually think I want to make several of them I went ahead and bought the paperback version after reading the kindle version. (For me, cooking by following a recipe on kindle just does not work, unless it's in a cookbook specifically formatted for kindle.)

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### **Marjanne says**

Leslie has a lot of good tips and tricks to help improve one's health and diet. There is definitely some good advice I am hoping to put into practice. I didn't agree with everything she said 100%, but most of her advice seems pretty sound. This book comes complete with worksheets to track your goals and progress. There are a lot worse weight loss books out there.

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### **Jay says**

Listened to this on audio. Missed the recipes and forms, but this was a very typical "eat right" book. I find it good to hear the tips and tricks and stats that most of these books have, on an occasional basis. This also has the typical mild trashing of other diet plans. There was very little on the audio on the walking side of the equation.

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### **Maura says**

Leslie is the reason for my newfound love of exercise. Donald and I do her DVDs daily. Her book is really

interesting and also contains many low fat, healthy and delicious recipes. She is a strong component of WW yet is not affiliated with them.

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### **Connie Marx says**

very informative

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### **Monica says**

I think I already know everything about how to eat well and exercise. I just don't do it. It was easy to read and it had some good recipes in the front. We should all be more mindful of what we eat as we eat it so we enjoy the process and don't eat so much.

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### **I Love Audiobooks says**

Good advice here - lot of it I already knew, but this would be a great book for someone who's never read a nutrition/diet book. This audiobook is short and sweet, and is worth listening to if you know nothing!

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### **Denali says**

I feel like it was almost exactly the same as her first book. Nice refresher though.

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