

“Staying fit shouldn’t be expensive or intimidating.”

Walk at home

Founder: Leslie Sansone



Leslie Sansone’s Walk at Home DVD’s have been selling out on QVC since 1987. Leslie’s charisma and anyone-can-do-it approach make her a natural fit for all audiences. With her boundless energy and enthusiasm, Leslie teaches people of all ages and sizes how to get fit, stay fit, and feel better about life, simply by walking!

Check out Leslie’s DVD’s at **Walkathome.com**

There is a variety of selections to choose from and you can click on the “more info” icon to view a small clip of the program. Selections range from a beginner’s walk, a men’s 1 Mile Walk, an active adult 1 mile walk for seniors and beginners, a kid’s walk, a family walk, a lower your blood sugar walk, and fat-burning calorie walks!

This information was passed on to me, so I wanted to pass it on to you! It looks like a great way to exercise at home during wet, cold or wintery days!

I went out and bought “Walk away the Pounds, a 5-Day Fit Walk at Target and I am going to try it out!

DVD’s can be purchased online and you can find them at various retail stores such as Wal-Mart, Sam’s Club, Costco, Target, K Mart, and Best Buy.