



# Pump Up the Pace: Walkfit With Kathy Smith

*Kathy Smith*

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*Kathy Smith*

## **Pump Up the Pace: Walkfit With Kathy Smith** Kathy Smith

A fitness program combines walking with interval training to develop an effective way to burn fat, offering listeners advice on how to increase their metabolism to burn calories, lose weight, and promote good health. Read by Kathy Smith.

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