



Teenswalk.com

Finally there's a workout **JUST FOR TEENS!!**

Leslie Sansone, the creator of Walk At Home, has designed a powerful workout for Teens like no other on the market! This fresh and original concept has the power to affect the lives of Teens across the world!

Leslie's philosophy, "Staying fit shouldn't be intimidating or expensive," resonates with teens around the world. Providing teens with a relaxed and fun workout will help alleviate all the pressure and competition they are faced within the world today. With the rising costs of participating in organized sports, most teens are unable to play. Leslie Sansone's Walk at Home program will provide Teens and parents with an affordable, yet effective workout that can be done all year round!

With the percentage of teenage obesity and diabetes rising each year, the importance of physical fitness needs to be implemented in Teen's lives. **Teen Walk** will provide teens with a supportive and effective fitness tool.

Walk at Home fitness programs – *the fastest growing indoor exercise program in the country.* "Our bodies are made to move," says Leslie, the walk expert who's been putting a bounce in people's steps for the past 25 years. With her boundless energy and enthusiasm, Leslie teaches people of all ages and shapes how to get fit, stay fit and feel better about life – simply by walking. "Walking is something we can all do, in our own homes with no fancy equipment," states Leslie, one of the few fitness authorities who successfully take the intimidation out of getting in shape.