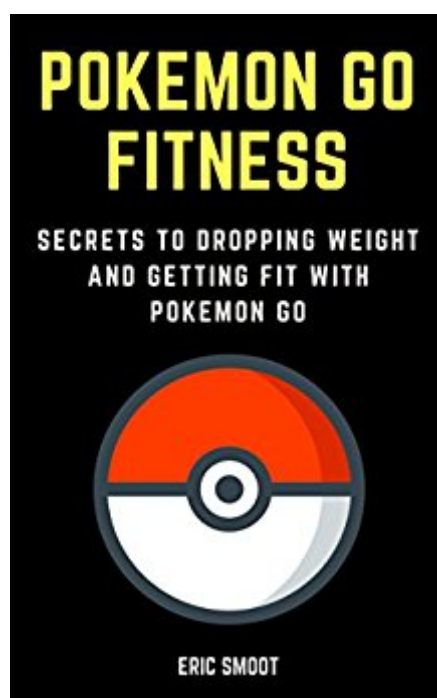


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# Pokémon Go Fitness: Secrets To Dropping Weight And Getting Fit With Pokémon Go



## Synopsis

Pok  mon Go Fitness: Secrets to Dropping Weight and Getting Fit with Pok  mon Go shows us that Pok  mon Go IS the fitness app we  ve all been waiting for, even if we didn  t know it. In this book we will talk about: Why Pok  mon Go is So Amazing For Fitness Enter: Pok  mon Go Get Fit With a Friend Some Important Tips for Playing the Game Pok  mon Go in Your Daily Life The Next Level of Pok  mon Go Fitness Keeping Track of Your Daily Walking Goals Jogger Badges How Often Should You Walk? Interval Training with Pok  mon Go Getting Even More Advanced Staying Safe While Getting Fit With Pok  mon Go Losing Weight with Pok  mon Go Start Getting Fit with Pok  mon Go So it  s time to go Catch   em All-- and catch some fitness while you  re at it!

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