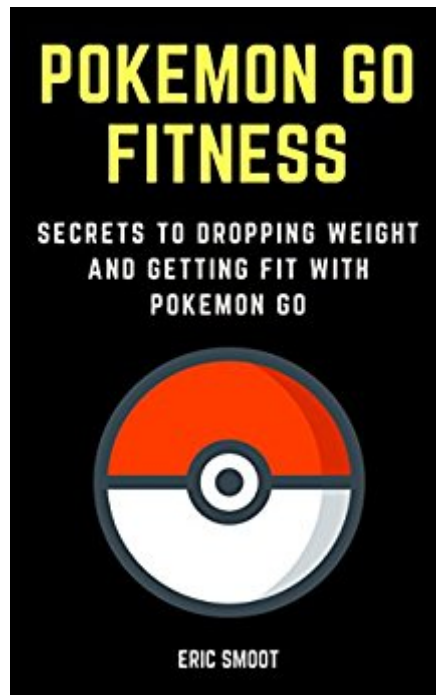


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# Pokémon Go Fitness: Secrets To Dropping Weight And Getting Fit With Pokémon Go



## Synopsis

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

## Book Information

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