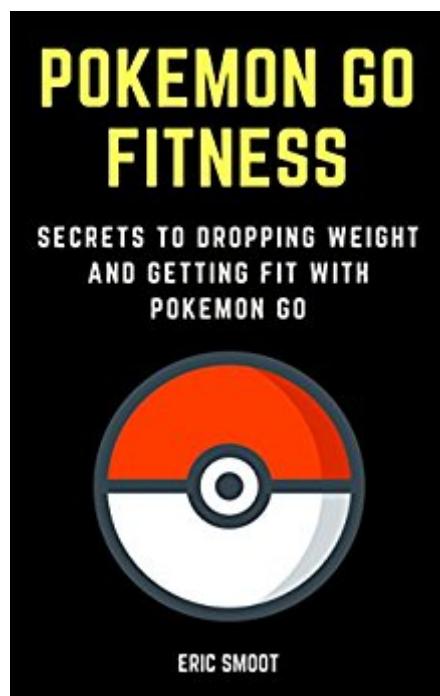


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# Pokémon Go Fitness: Secrets To Dropping Weight And Getting Fit With Pokémon Go



## Synopsis

PokÃ©mon Go Fitness: Secrets to Dropping Weight and Getting Fit with PokÃ©mon Go shows us that PokÃ©mon 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 PokÃ©mon Go is So Amazing For Fitness Enter: PokÃ©mon Go Get Fit With a Friend Some Important Tips for Playing the Game PokÃ©mon Go in Your Daily Life The Next Level of PokÃ©mon Go Fitness Keeping Track of Your Daily Walking Goals Jogger Badges How Often Should You Walk? Interval Training with PokÃ©mon Go Getting Even More Advanced Staying Safe While Getting Fit With PokÃ©mon Go Losing Weight with PokÃ©mon Go Start Getting Fit with PokÃ©mon Go So itâ™s time to go Catch â™Em All-- and catch some fitness while youâ™re at it!

## Book Information

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