

# Eddie B Gummies the Secret Behind Janes 30 Pound Weight Loss Transformation

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[Christmas Walking Workout](#) | [3000 steps at home](#) | [Dance Fitness](#) It's that time of the year where we get in the festive spirit while getting our sweat on. This walking workout is a perfect way to help you hit your step goal, get yourself in the festive spirit or get some quality family time. This workout is suitable for all levels, beginner and child friendly. This year we've got a brand new edition to the Get Fit With Rick family. Hope you enjoy this workout, let me know how you get on below. 00:00 Kelly Clarkson - Santa, Can't You Hear Me 03:56 Jonas Brothers - Like It's Christmas 07:13 John Legend - You Deserve It All 10:11 One More Sleep 12:51 Marc Martel - What Christmas Means To Me 15:37 Kelly Clarkson - Under The Mistletoe 19:56 Finale [#weightloss](#) [#lowimpactworkouts](#) [#personaltraining](#) [#cardio](#) [#cardioworkout](#) [#cardiofit](#) [#lowimpactexercise](#) [#lowimpactworkout](#) [#lowimpacthiit](#) [#lowimpactmovement](#) [#lowimpactcardio](#) [#workout](#) [#weightlosstips](#) [#weightlossmotivation](#) [#walkingworkout](#) [#walkingexercise](#) [#walkingexerciseforweightloss](#) [#walkingvideo](#)

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Keto Super Burn Gummies: Amplifying Fat Burn on the Keto Diet