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Training, in Theory and Practice Archibald Maclaren, 1874 **Quotations and Select Stories for Opening Exercises in Schools** George F. Bass, 1887 Friends' Weekly Intelligencer, 1895 **The 90-day Fitness Walking Program** Mark Fenton, Seth Bauer, 1995

No exercise has swept the nation like walking. It's simple, it works, and you've been doing it all your life. Now The 90 Day Fitness Walking Program leaves you no excuses. The editors of Walking magazine take you through a day to day progressive workout that helps you strengthen your heart, burn fat, feel healthier, and remain injury free all in 90 days. Most importantly, they guide you to building a safe, healthy, effective exercise habit that will last a lifetime. Day one: walk for ten minutes today, tomorrow, and the next day, but take day four off, and why? Starting up fitting exercise into your day and how to talk to your doctor about beginning a program. Chart your course, following your progress with an easy to use training log. It's the shoes: choosing the right pair and why it's so important. Stretch and strengthen, simple stand up exercises for before and after your walk to keep your entire body supple and toned. How am I doing? how to assess your improving health and fitness. Sticks and stones: whether hand weights and walking poles are right for you. Do the diet, hydration, nutrition, calorie burn, and cutting the fat. Moving forward: advanced techniques, speed workouts, and racewalking for the ambitious. Beyond the book: how to write your own exercise prescription and keep up this great habit now that the first ninety days are behind you.

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Harper's Weekly John Bonner, George William Curtis, Henry Mills Alden, Samuel Stillman Conant, Montgomery Schuyler, John Ford, Richard Harding Davis, Carl Schurz, Henry Loomis Nelson, John Kendrick Bangs, George Brinton McClellan Harvey, Norman Hapgood, 1878 Walk It Off! Mark Fenton, 2002 The Illustrated Weekly of India, 1968 *Y's Way to Fitness Walking* June Irene Decker, Georgia Orcutt, Patricia Sammann, 1989 Training

for Race Walking Frank McGuire,1962 **The Delineator** R. S. O'Loughlin,H. F. Montgomery,Charles Dwyer,1911

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