

15 Minute



At-Home

**WALKING
WORKOUT**

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Jennifer Wade



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sportwalking your way to fitness **Recent Advances in Intelligent Assistive Technologies: Paradigms and Applications** Hariton Costin, Björn Schuller, Adina Magda Florea, 2019-11-07 This book illustrates the rapid pace of development in intelligent assistive technology in recent years and highlights some salient examples of using modern IT C technologies to provide devices systems and application software for persons with certain motor or cognitive disabilities The book proposes both theoretical and practical approaches to intelligent assistive and emergent technologies used in healthcare for the elderly and patients with chronic diseases Intelligent assistive technology IAT is currently being introduced and developed worldwide as an important tool for maintaining independence and high quality of life among community living people with certain disabilities and as a key enabler for the aging population The book offers a valuable resource for students at technical medical and general universities but also for specialists working in various fields in which emergent technologies are being used to help people enjoy optimal quality of life **Proceedings - World Confederation for Physical Therapy** World Confederation for Physical Therapy, 1953 **Good Housekeeping** , 1920 *YMCA Walk Reebok Instructor's Manual* , 1996 *Time* , 2001-11 Includes Time index **Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit **The Walking Solution** Lee Scott, Michele Stanten, 2019-06-24 If you re a fitness professional eager to expand your program offerings a wellness coach who wants to help your patients become more active or a personal trainer trying to attract new clients walking can be your low cost solution Learn the techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability The Walking Solution will help you create innovative programs to engage individuals across the fitness spectrum Introduce a program for inactive individuals to get moving or challenge experienced clients with a new cross training activity In The Walking Solution you will discover the four progressions of walking technique how to increase intensity and how to incorporate strength building exercises to get the most out of every walk Clear instructions and photos show the dynamic and static stretches that help to ensure safety and improve performance Case studies describe unique and successful walking programs that you can customize for your own clients You will also learn the key business strategies that allow you to increase revenue and reach new audiences to expand your clientele You will also get access to customizable business development resources such as waivers and marketing plans Transform lives using the simple and effective strategies in The Walking Solution and help all your clients experience improved mental and physical well being Get your clients and your business moving today Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam Shape , 1996-05 Personal Training Jennifer Wade, 1998 These innovative programs are so individualized you ll feel as if they were developed with you in mind Whatever your body lifestyle or fitness goal there s

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