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DAY 6 STEP IT UP <i>30 minutes</i>	DAY 7 PUSH YOURSELF <i>60 minutes</i>	DAY 8 RELAXED WALK <i>20 minutes</i>	DAY 9 SHORT WALK <i>20 minutes</i>	DAY 10 STEP IT UP <i>30 minutes</i>
DAY 11 KEEP ON GOING <i>30 minutes</i>	DAY 12 RELAXED WALK <i>20 minutes</i>	DAY 13 STEP IT UP <i>30 minutes</i>	DAY 14 YOU'VE GOT THIS <i>60 minutes</i>	DAY 15 HALF WAY THERE <i>30 minutes</i>
DAY 16 RELAXED WALK <i>20 minutes</i>	DAY 17 SHORT WALK <i>20 minutes</i>	DAY 18 STEP IT UP <i>30 minutes</i>	DAY 19 SHORT WALK <i>20 minutes</i>	DAY 20 KEEP ON GOING <i>30 minutes</i>
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Me.

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James M. Rippe



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expectancy or shouldering the burden of care for our aging populations reflect that aging is indeed a women s issue In the field of Aging and Public Health there are many highly influential and successful women who are contributing to the field and tackling important questions about risk factors for successful aging as well intervention strategies for promoting health and quality of life across the life course *Walking for Fitness* Lon H. Seiger, James L. Hesson, 1990 Walking for Fitness the first college level walking text is an appealing value priced book basic to beginners that emphasizes safety and personal fitness

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A Controlled Comparison of Progressive Relaxation Training and Aerobic Exercise as Methods to Relieve Tension Following an Evaluation Stress Stimulus Patrick John O'Laughlin, 1984 *An Invitation to Fitness and Wellness* Dianne R. Hales, Charlene Zartman, 2001 This new book from best selling author Dianne Hales covers Fitness Nutrition Weight Control and some selected Wellness topics It emphasizes fitness as the best means to achieving the goal of feeling our best and living our lives to their fullest and focuses on the key to living more happily and more healthfully personal responsibility *Dynastride!* Elaine LaLanne, Richard Benyo, 1988 Walking is one of the easiest most beneficial forms of exercise Now you can follow the author s program specifically designed for people over 50 Journal of the Outdoor Life, 1921 **Comparing Walkability of Ethnically Diverse, Low-income Neighborhoods of Sacramento, California** Ellen Seeley, 2010

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