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Fitness Walking for Women Anne Kashiwa, James M. Rippe, 1987 Designed for women at every fitness level this illustrated guide provides day to day walking programs for weight loss injury management aerobic conditioning muscle toning and The 90-day Fitness Walking Program Mark Fenton, Seth Bauer, 1995 No exercise has swept the stress reduction 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 Str r r etch 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 Fitness Walking ,2005 Fitness check Walking technique Apparel and gear Training guidelines Workouts Programs Walking Mort Malkin, 1986 Presents a natural program for improving physical and mental health including heart strength bone health and Walking Pamela Kihm, 2008 weight maintenance through pleasurable walking exercise Fitness Walking Les Snowdon, Maggie Humphreys, 1991 Walking for Health and Fitness Ann Ward, James M. Rippe,

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