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Practical Druggist and Pharmaceutical Review of Reviews Benjamin Lillard, 1922 *Encyclopedia of Lifestyle Medicine and Health* James M. Rippe, 2012-02-14 These three volumes sort out the science behind nightly news reports and magazine cover stories and help define the interdisciplinary field of lifestyle medicine and health **Fitness Walking For Dummies** Liz Neporent, 2000 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it's a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you

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