



AT HOME

15 MINUTE WALKING WORKOUT

FOR
SENIORS

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The Walking Solution Lee Scott, Michele Stanten, 2020 The Walking Solution offers 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 FaQ: The Principles for Overcoming Adversity and Dealing Effectively with Life's Issues Stephan L. Jackson I, Walk It Off! Mark Fenton, 2002

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 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

Y's Way to Fitness Walking June Irene Decker, Georgia Orcutt, Patricia Sammann, 1989 *Every Woman's Encyclopaedia*, 1912 *An elementary and intermediate algebra, with exercises and answers* John Lightfoot, 1904 *Macfadden's Encyclopedia of Physical Culture* Bernarr Macfadden, 1912 *Macfadden's Encyclopedia of physical culture v. 2, 1911* Bernarr Macfadden, 1911 *French Exercises, Based on the Memory Work of the French Grammar* F. Walter Savage, 1878

A System of physiologic therapeutics v.7, 1904, 1904 **Mechanotherapy and Physical Education** John Kearsley Mitchell, 1907 **Alternative Exercises for Fraser and Squair's French Grammar** William Henry Fraser, 1908 *The Hindūstānī Manual* Duncan Forbes, 1901 *A System of Physiologic Therapeutics: Mechanotherapy and physical education, by J. K. Mitchell. Physical education by muscular exercise, by L. H. Gulick* Solomon Solis-Cohen, 1904

The Saturday Evening Post, 1998 **Journal of Nervous and Mental Disease**, 1906 July 1918 include reports of various neurological and psychiatric societies *A System of Physiologic Therapeutics* Solomon Solis-Cohen, 1904

Dealing with Depression Naturally Syd Baumel, 1995 Discusses the relationship between depression and the environmental factors that can cause it or make it worse Describes a number of treatments that have been helpful *Live Longer, Live Better* Reader's Digest Association (Canada), Sélection du Reader's Digest (Canada), 1995 A guide for living a long and healthy life through exercise and a healthy diet

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