454. If you’re a ﬁtness walker, there is no need for a commute to a health club. Your neighborhood can be your health club. You don’t need a lot of fancy equipment to get a good workout either. All you need is a well-designed pair of athletic shoes. This paragraph best supports the statement that a. ﬁtness walking is a better form of exercise than weight lifting. b. a membership in a health club is a poor investment. c. walking outdoors provides a better workout than walking indoors. d. ﬁtness walking is a convenient and valuable form of exercise. e. poorly designed athletic shoes can cause major foot injuries.