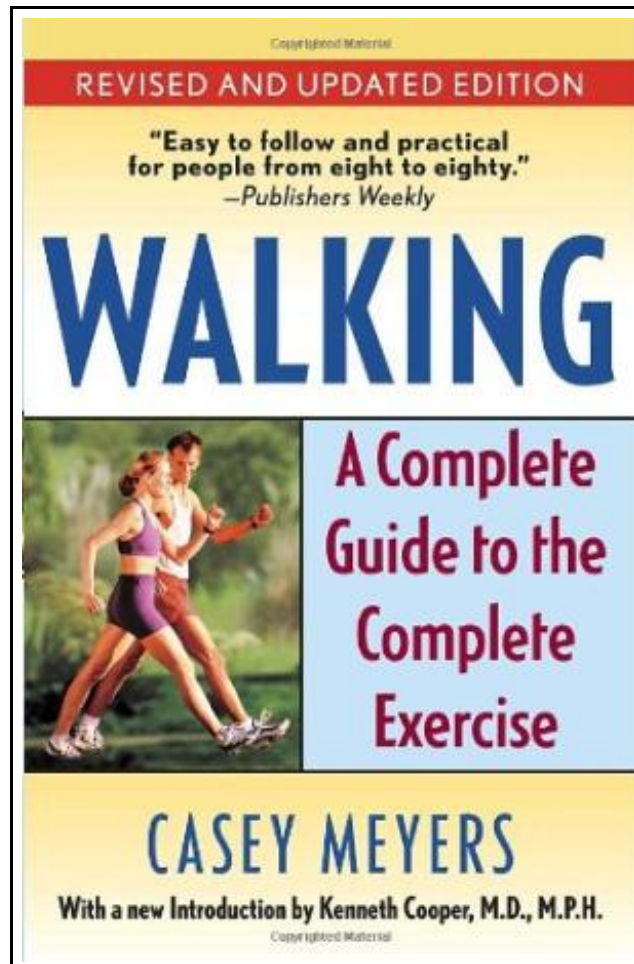


## Walking: A Complete Guide to the Complete Exercise



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Random House USA Inc. Paperback / softback. Book Condition: new. BRAND NEW, Walking: A Complete Guide to the Complete Exercise, Casey Meyers, "A GIANT STEP FOR IMPROVING THE HEALTH OF MANKIND."-Kenneth H. Cooper, M.D., M.P.H. It's true: walking, the primary gait we use every day, is actually the safest, least expensive, and overall most beneficial way to lose weight and improve cardiovascular health. Casey Meyers was diagnosed in 1995 at high risk for stroke or heart attack, and he has been out daily walking for his life-literally. Meyers (a fit and active 79) has conducted hundreds of walking clinics nationwide. In this revised and updated classic, he shows you how to achieve a healthier, happier life through exercise-walking. He tells you exactly what you need to know, including: Benefits: weight loss, weight maintenance, losing fat, gaining muscleWalking guidelines: how often, how far, how fast? Pacing yourself: the stroll, brisk walking, and aerobic walkingWarm-ups: targeted stretches, posture, rhythm, and stride lengthGear: shoes, socks, and athletic dress for all types of weatherSafety: best times and places for secure exercise-walkingLifestyle: eating smart, yoga, meditationQuestions and answers: the twelve biggest concerns of exercise-walkers "Walking" is unrivaled in depth and breadth, truly comprehensive and invaluable for exercise-walkers at every level of fitness. "Easy to follow and practical for people from eight to eighty."-"Publishers Weekly".

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