



5-Minute
WALKING
WORKOUT

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Walking Workout Deal

Rippe,Kashiwa

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yourself or all of the above walking can help you get to where you want to go This book can help you do that by showing you everything you need to know about starting and maintaining a walking program ***Walking for Fitness*** Lon H. Seiger,James L. Hesson,1990 Walking for Fitness the first college level walking text is an appealing value priced book basic to beginners that emphasizes safety and personal fitness ***Walking Fitness Walking for Women*** Rippe,Kashiwa,1987 Weight loss low impact fitness during pregnancy aerobic conditioning muscle tone and stress release program ***Walking for Fun and Fitness*** Jerald D. Hawkins,Sandra M. Hawkins,1995-10 The text is divided into three parts Part One is an introduction to walking which discusses the why s of a walking program Part Two is Fun and Fitness through walking which discusses the how to s of a walking program and Part Three is Maximizing Your Walking Program discussing injury prevention nutrition and weight management Individuals will discover if that they use knowledge gained and the motivation techniques walking will be fun and fitness will come ***The Walking Solution*** Lee Scott,Michele Stanton,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 ***Dealing with Aggression: Managing and Preventing Aggressive Behavior in Dogs*** , Discover the ultimate guide to understanding and effectively managing aggressive behavior in dogs with Dealing with Aggression Managing and Preventing Aggressive Behavior in Dogs This comprehensive resource provides valuable insights into the root causes of aggression helping you to create a safer and more harmonious environment for both you and your furry friend Gain essential knowledge about different types of aggressive behaviors and learn practical techniques to prevent and manage these situations with confidence Equipped with expert advice and proven strategies this book empowers dog owners to foster positive behaviors while strengthening the bond with their pets Whether you're dealing with a reactive pup or simply want to be proactive in your training approach this book is a must have for every dog lover Enhance your understanding of canine behavior and set your dog up for success with effective management strategies that promote a peaceful household Transform your relationship with your dog and enjoy the companionship of a well adjusted pet Order your copy today and take the first step towards a more balanced life with your canine companion ***American Physical Education Review*** ,1909

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