

**15 Minute**



**At-Home**

# **WALKING WORKOUT**

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**JA Banks**

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**Walking-- for Health, Fitness and Sport** Bob Carlson,1996 Walking for Health Fitness and Sport offers comprehensive advice on all aspects of walking guiding both beginners and active fitness walkers toward health and fitness improvement It includes many helpful appendices such as loosening and flexibility exercises and a daily training log

Gary Yanker's Sportwalking Gary Yanker,1987 The latest techniques and training programs for sportwalking your way to fitness    Recent Advances in Intelligent Assistive Technologies: Paradigms and Applications Hariton Costin,Björn Schuller,Adina Magda Florea,2019-11-07 This book illustrates the rapid pace of development in intelligent assistive technology in recent years and highlights some salient

examples of using modern IT C technologies to provide devices systems and application software for persons with certain motor or cognitive disabilities The book proposes both theoretical and practical approaches to intelligent assistive and emergent technologies used in healthcare for the elderly and patients with chronic diseases Intelligent assistive technology IAT is currently being introduced and developed worldwide as an important tool for maintaining independence and high quality of life among community living people with certain disabilities and as a key enabler for the aging population The book offers a valuable resource for students at technical medical and general universities but also for specialists working in various fields in which emergent technologies are being used to help people enjoy optimal quality of life **The Rotarian**,1995-07 Established in 1911 The Rotarian is the official magazine of Rotary International and is circulated worldwide Each issue contains feature articles columns and departments about or of interest to Rotarians Seventeen Nobel Prize winners and 19 Pulitzer Prize winners from Mahatma Ghandi to Kurt Vonnegut Jr have written for the magazine

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