

20-MINUTE

WALKING WORKOUT



Walking Workout Price

Edward T. Howley, B. Don Franks



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regular walking program can do for you Whether your goal is to improve your health or your appearance lose weight get stronger feel good about 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 Health & Fitness**, 1988

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