



AT HOME

# 15 MINUTE WALKING WORKOUT

## FOR SENIORS

## Walking Workout Review Setup

**Melinda S. Sothern, Stewart T.  
Gordon, T. Kristian von Almen**

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*It's Not Just Gym Anymore* Bane McCracken,2001 This book doesn t just

help students recognize and learn physical skills and understand why physical activity and fitness are important It also keeps them motivated by showing them that they don t have to be athletic to be fit and by presenting more diverse activities that they can continue to enjoy as adults such as walking running group fitness outdoor adventure golf tennis skiing mountain biking bow hunting fly fishing and weight training

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web choose 1 answer choose 1 answer choice a mosaicism a mosaicism choice b codominance b codominance choice c

incomplete dominance c incomplete dominance choice d complete dominance d complete dominance use a hint loading