



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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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 **Physical Education Assessment Toolkit** Liz Giles-Brown,2006

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