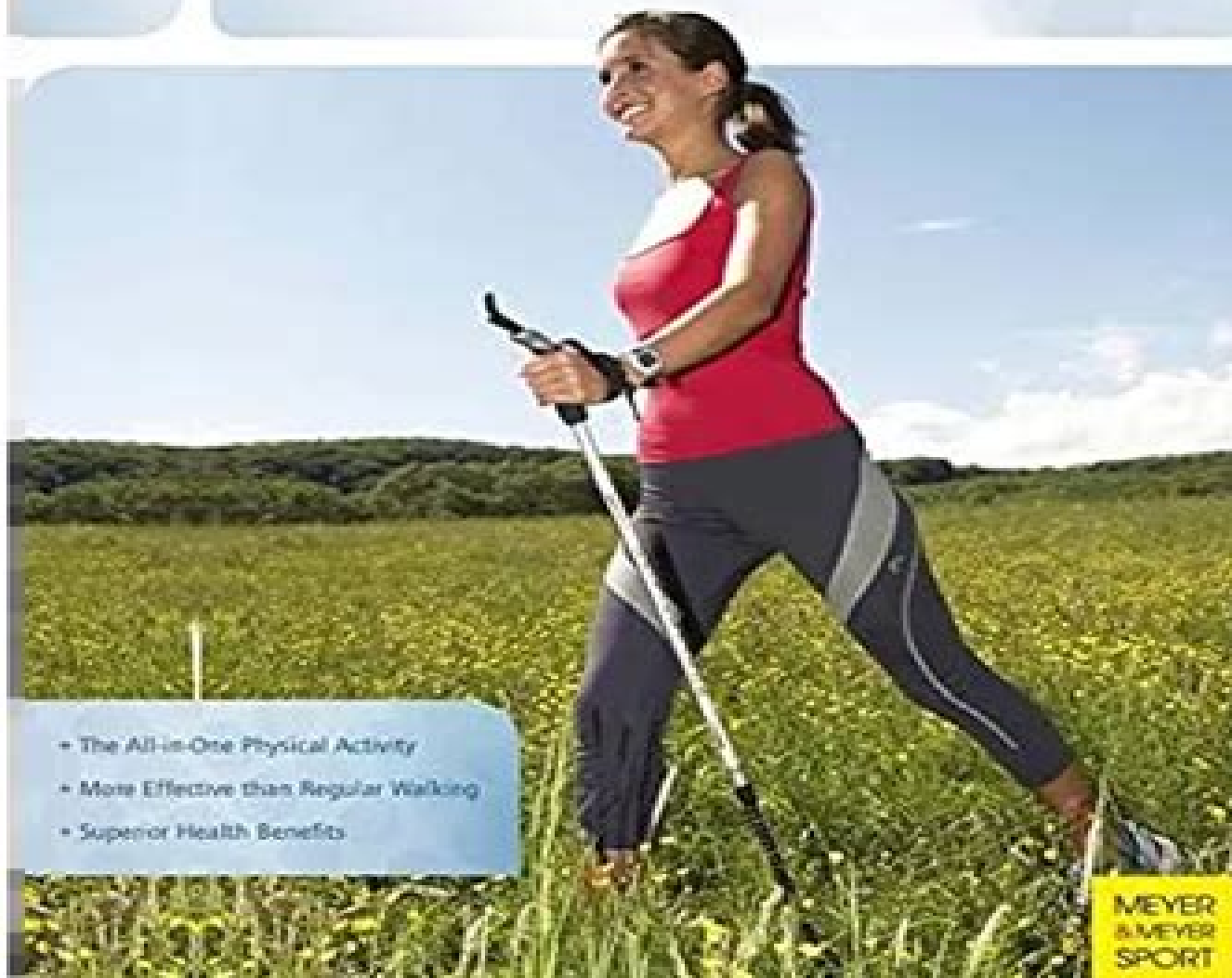


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- The All-in-One Physical Activity
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**Weird Sports and Wacky Games around the World** Victoria R. Williams,2015-04-28 With hundreds of books dedicated to conventional sports and activities this encyclopedia on the weirdest and wackiest games offers a fresh and entertaining read for any audience Weird Sports and Wacky Games around the World From Buzkashi to Zorbing focuses on what many would consider abnormal activities from across the globe Spanning subjects that include individual games team sports games for men and women and contests involving animal competitors there is something for every reader Whether researching a particular country or region s traditions or wanting an interesting read for pleasure this book offers an array of uses and benefits Though the book focuses on games and sporting activities the examination of these topics gives readers insight into unfamiliar places and peoples through their recreation an essential part of the human experience that occurs in all cultures Such activities are not only embedded in everyday life but also indelibly interconnected with social customs war politics commerce education and national identity making the whimsical topic of the book an appealing gateway to insightful highly relevant information

**The Urban Poling Ultimate Guide to Nordic Walking** Barb Gormley,2019-09-20 This engaging 74 page full colour guide is packed full of information for beginner intermediate and advanced Nordic walkers Topics include how to set up your poles proper Nordic walking technique technique troubleshooting what to wear and not wear the top 20 Nordic walking FAQs must do stretches for Nordic walkers Pilates and

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**Nordic-Baltic-U. S. Almanac** Stephen Strickland, Jay Ryfa, 2006-03 This 340 page Almanac full of colorful graphics and photos covers past and present connections between Denmark Finland Iceland Norway Sweden Estonia Latvia Lithuania and the USA Each country is introduced by its Ambassador All sections contain scenic views and interesting facts about that country The Almanac covers Diplomacy Business Trade Investment Culture Education and Science Directory gives information on 3000 corporations and hundreds of other institutions Feature articles and interviews with the late U S Chief Justice Rehnquist Lithuanian President Adamkus Congressmen Sabo and Shimkus actor Viggo Mortensen drummer Lars Ulrich of Metallica ABBA and MAMA MIA directors Peter Martins and Helgi Tomasson of New York City and San Francisco Ballets conductors Esa Pekka Salonen Osmo Vanska Andre Previn Neeme and Paavo Jarvi architects Eliel and Eero Saarinen pianist Leif Oves Andsnes and many others Additional info [www.NordicBaltic.US](http://www.NordicBaltic.US) **Arts & Decoration**, 1926 **Nordic Walking** Claire Walter, 2009-06-30 Nordic Walking The Complete Guide to Health Fitness and Fun A primer to one of Europe's hottest fitness activities this is the first major book about this easy fun and effective new sport Nordic Walking a type of fitness walking with poles was developed in Finland in 1997 and spread across much of Europe Today more than 6 million people worldwide engage in Nordic Walking regularly and participation is growing fastest in the United States The 87.5 million Americans who already walk for fitness have been coming to Nordic Walking in droves The motion is similar to cross country skiing or snowshoeing but without skis snowshoes or snow and akin to the Nordic Track Crosswalk Treadmill and other apparatus but done outdoors in the fresh air and scenery Easy to learn and easy on the budget Nordic Walking can be done anywhere and has many advantages over regular walking including The specially designed lightweight poles relieve some of the stress on the ankles knees and hips and transfer it to the upper torso making it a full body workout Nordic Walking burns up to 45 percent more calories than walking without poles It is equally effective for new exercisers just off the couch dedicated walkers long time runners who are now trying to favor their knees anyone rehabilitating from an injury and

even too sedentary seniors Nordic Walking is a recreational and fitness activity for the 21st century and Nordic Walking the first complete guide to how to get started with this fun and healthy new sport      *The Complete Book of Winter Sports* Gene Brown, 1980 Traces the history of various winter sports including skiing skating and tobogganing as presented in articles in the New York Times      Shape ,1993      *Country Living* ,1992      **Sunset** ,1991

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