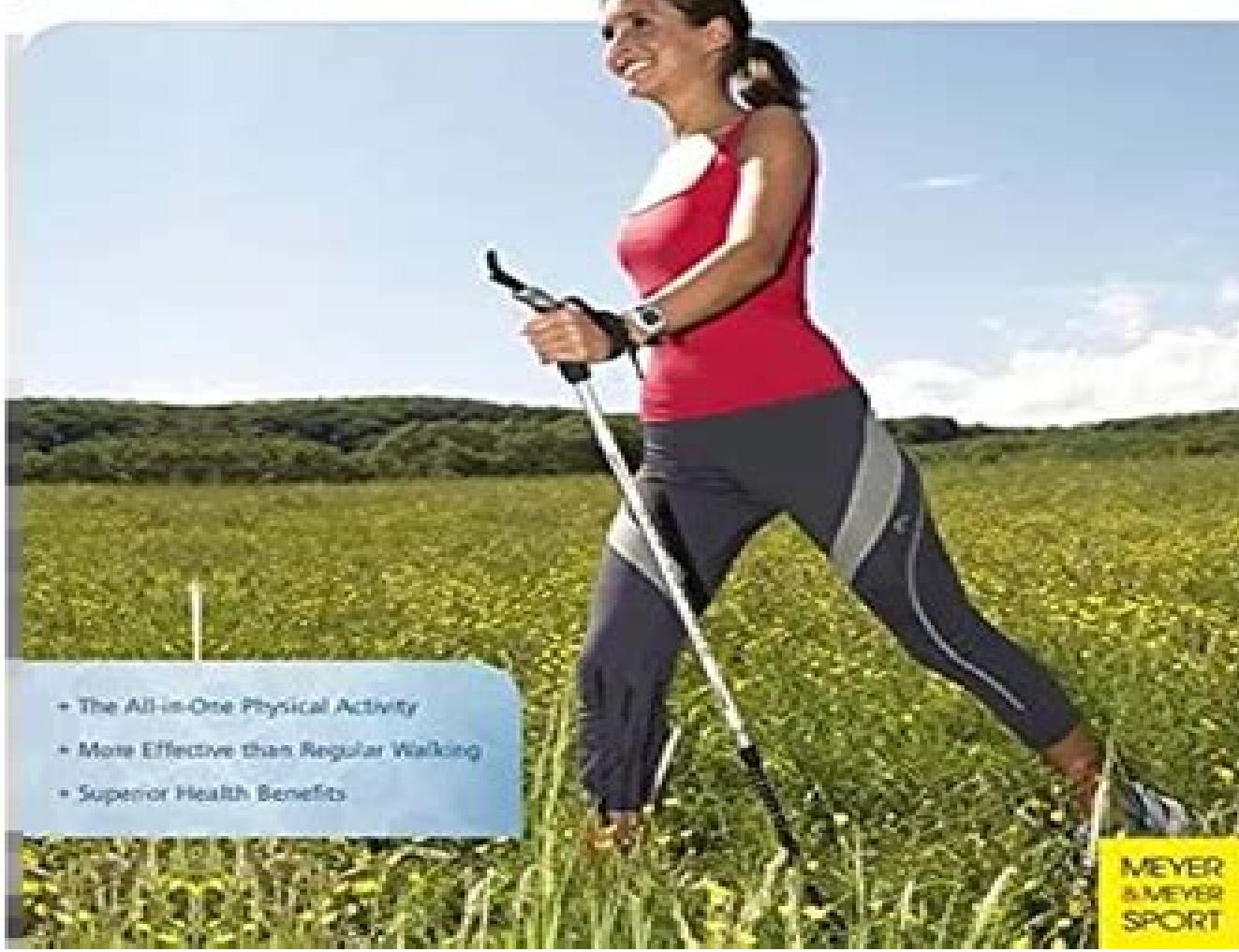


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even too sedentary seniors Nordic Walking is a recreational and fitness activity for the 21st century and Nordic Walking the first complete guide to how to get started with this fun and healthy new sport *The Complete Book of Winter Sports* Gene Brown,1980 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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