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Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness Mark Fenton,2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit

When Your Body

Gets the Blues Marie-Annette Brown, Jo Robinson, 2002-02-23 Millions of women don't feel their best and don't know why. They're not outright depressed but they aren't really happy either. They eat too much or have gained weight lately. They find it hard to concentrate or have trouble sleeping. They feel tense, anxious or irritable or they're highly sensitive to criticism. They're tired and not very interested in sex or even everyday life. *When Your Body Gets the Blues* offers a clinically proven solution. A simple, drug-free treatment known as the LEVITY program. Light Exercise and Vitamin Intervention TherapY can help women think clearly, sleep soundly, cope easily with stress, reduce anxiety and depression, and lose unwanted pounds in 8 weeks or less. The author's easy-to-follow program includes self quizzes, tips for increasing exposure to light, and getting mood-elevating exercise even on dark or rainy days, and six recommended vitamins and minerals proven to relieve the Body Blues. Marie Annette Brown, Ph.D., R.N. tested the LEVITY program on real women and they improved significantly far more than women who took placebo pills. In fact, many participants cut their feelings of depression in half. One woman who completed the LEVITY program said, I know that if I ever feel blue again, I have my own way of feeling better. I won't have to run to my doctor for a prescription. Now, for the first time, *When Your Body Gets the Blues* offers the groundbreaking LEVITY program to women everywhere. All it takes is a small investment of 20 minutes and a few pennies a day. With this clinically proven program, any woman, young or old, active or inactive, can regain control over her mood and her life.

Fitness Walking For Dummies Liz Neporent, 2000 Call it power walking, fitness walking, or just plain walking. Indoors or out, walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people, young and old. In fact, walking burns about the same number of calories per mile as running, and it's a lot easier on your knees. Walking is one of the most adaptable workout activities around; you can walk for an hour straight to make your walking program effective and to achieve your goals, or you can accumulate this hour over the course of a day. *Fitness Walking For Dummies* is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it. If you're already a walking fanatic, you'll find out how to become a better fitness walker. This easy-to-understand guide is also for those who are on track to lose weight, decrease blood pressure, control cholesterol, relieve stress, prevent heart disease, deal with depression, explore what it takes to begin an exercise program by setting goals, choosing shoes, and considering nutrition to optimize your workout. *Fitness Walking For Dummies* also covers the following topics and more: Warm up and cool down routines, strength training, the four levels of walking, lifestyle fitness, high-energy walk/run, weight training routines and stretches that add variety, buying and using a treadmill, age, pregnancy, and walking with your dog, dealing with pain and injuries. Like 67 million other people in the United States who log over 201 million miles a year, you want to take advantage of all of the great things a 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.

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