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WALKING WORKOUT



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Consumer Guide



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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 **Walking for Health & Fitness** ,1988

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when searching for the best block from an i frame that has moved in a p frame you need to restrict the searching to a finite sized windowed area from the location of this i frame block see more

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