

15 Minute



At-Home

**WALKING
WORKOUT**

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Jianjun Gao



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provide devices systems and application software for persons with certain motor or cognitive disabilities The book proposes both theoretical and practical approaches to intelligent assistive and emergent technologies used in healthcare for the elderly and patients with chronic diseases Intelligent assistive technology IAT is currently being introduced and developed worldwide as an important tool for maintaining independence and high quality of life among community living people with certain disabilities and as a key enabler for the aging population The book offers a valuable resource for students at technical medical and general universities but also for specialists working in various fields in which emergent technologies are being used to help people enjoy optimal quality of life

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Shape ,1996-05

Proceedings - World Confederation for Physical Therapy World Confederation for Physical Therapy,1953

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

Personal Training Jennifer Wade,1998 These innovative programs are so individualized you ll feel as if they were developed with you in mind Whatever your body lifestyle or fitness goal there s something here for you

Walk to Win Fred A. Stutman,2003-01-22 Dr Walk s new bestseller Learn how to walk for health and fitness with this new guide to shopping mall walking Walking is the key to feeling better without strenuous exercise

Good Housekeeping ,1920

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