

WALKING MEDICINE

THE LIFETIME GUIDE TO
PREVENTIVE & THERAPEUTIC
EXERCISE WALKING PROGRAMS

FOR

- CARDIOVASCULAR AND RESPIRATORY CONDITIONS
- ARTHRITIS, BACK AND JOINT PAIN • WEIGHT CONTROL
- STRESS, MOOD AND ENERGY PROBLEMS
- PODIATRIC DIFFICULTIES
- NEUROLOGICAL AND GERIATRIC PROBLEMS

GARY YANKER & KATHY BURTON

WITH A TEAM OF 50 MEDICAL EXPERTS

Walking Medicine The Lifetime Guide To Preventive And Therapeutic Exercisewalking Programs

Bob Anderson,Bill Pearl,Ed Burke

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