

The background of the top half of the cover features faint, light blue silhouettes of several people walking, suggesting a group exercise or a community walk. The silhouettes are positioned behind the main title.

WALKING MEDICINE

THE LIFETIME GUIDE TO
PREVENTIVE & THERAPEUTIC
EXERCISEWALKING PROGRAMS

—FOR—

- CARDIOVASCULAR AND RESPIRATORY CONDITIONS
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- 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



Walking Medicine The Lifetime Guide To Preventive And Therapeutic Exercisewalking Programs:

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