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The Walking Solution Lee Scott, Michele Stanton, 2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability

Walking John Stanton, 2009-09-01 Walking is something most of us do every day but we should be doing more of it 63% of Canadians aren't getting the recommended amount of daily exercise and it's adding up heart disease, obesity and high blood pressure are all on the rise. But something as simple as taking a few extra steps a day can make a huge difference. Moving more leads to more energy, improved sleep quality and better heart health. And John Stanton knows how to get people moving. As the founder and president of Walking Running Room North America's largest chain of special stores for walkers and runners, he has inspired people across the nation to develop healthier lifestyles one step at a time. *Walking: A Complete Guide to Walking for Fitness, Health and Weight Loss* is the perfect companion for your own journey to good health. With three program categories to fit every type of activity level from non-walkers to avid walkers, there is a program in here for you. In this comprehensive guide, you'll learn how to set realistic goals, design your own training program, find the level of walking that's right for you, choose the best shoes and walking wear for your needs, prevent and treat common injuries, enhance your walking with optimum nutrition. Let John Stanton show you the way to a healthier, happier lifestyle one step at a time.

Fitness Professional's Handbook Edward T. Howley, Dixie L. Thompson, 2022-06-02 *Fitness Professional's Handbook* Seventh Edition With HKPropel Access provides current and future fitness professionals with the knowledge to screen participants, conduct standardized fitness tests, evaluate the major components of fitness and prescribe appropriate exercise. The text uses the latest standards, guidelines and research from authorities in the field to prepare readers for certification and arm them with the knowledge to work with a variety of clients and populations. This full color text incorporates information from the 10th edition of ACSM's Guidelines for Exercise Testing and Prescription and the Physical Activity Guidelines for Americans exercise and physical activity recommendations for adults, older adults, children and those with special needs. The text embraces the importance of communication between allied health and medical professionals with those in the fitness arena to provide readers with a foundation for prescribing exercise and delivering need and goal specific physical activity and fitness programs. Every chapter has been updated, allowing readers to explore the newest theories and research findings and apply them to real world situations. The following are among the most significant changes to the seventh edition: Related online content delivered via HKPropel that includes an online video library containing 24 video clips to help readers better apply key techniques covered in the book as well as fillable forms that students can use beyond the classroom. A new chapter, Training for Performance, helps professionals expand their practice to work with recreational athletes who have performance related goals. New information including the consequences of exercise induced muscle damage, rhabdomyolysis, devices used to track physical activity and estimate energy expenditure (e.g. accelerometers, relative

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