



The Walking Deck: 50 Ways to Walk Yourself Healthy

Shirley Archer

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Walking as little as 30 minutes daily is one of the easiest, safest, and most enjoyable ways to keep in shape and reduce stress. *The Walking Deck* introduces simple ways to incorporate the benefits of walking into your routine, providing convenient ways to meet your health and fitness goals. Cards cover form, technique, how to monitor intensity, proper stretching and strolling, plus 20 specialty itineraries for hoofing it everywhere from the beach to the mall to city streets.

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Dale Fain:

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