



Walking: A Complete Guide To Walking For Fitness Health And Weight Loss

John Stanton

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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.

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Patrick Pierce:

People live in this new moment of lifestyle always make an effort to and must have the spare time or they will get lots of stress from both day to day life and work. So , once we ask do people have extra time, we will say absolutely without a doubt. People is human not just a robot. Then we question again, what kind of activity do you have when the spare time coming to you actually of course your answer will probably unlimited right. Then do you ever try this one, reading books. It can be your alternative inside spending your spare time, often the book you have read is actually Walking: A Complete Guide To Walking For Fitness Health And Weight Loss.

Christina Pena:

In this era globalization it is important to someone to acquire information. The information will make someone to understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of recommendations to get information example: internet, newspapers, book, and soon. You can see that now, a lot of publisher which print many kinds of book. The book that recommended to you is Walking: A Complete Guide To Walking For Fitness Health And Weight Loss this reserve consist a lot of the information in the condition of this world now. This specific book was represented how can the world has grown up. The language styles that writer require to explain it is easy to understand. The writer made some research when he makes this book. That's why this book acceptable all of you.

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