



Prevention's Complete Book of Walking: Everything You Need to Know to Walk Your Way to Better Health

Maggie Spilner

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"There are few people who have done more for walking, or who know more about walking, than Maggie Spilner.... This is truly a walking encyclopedia for the new millennium."--From the foreword by Elaine Ward, founder and director of the North American Racewalking Foundation

From the walking editor of America's number one healthy living magazine comes the definitive guide to America's number one fitness activity: walking.

Join *Prevention's* Maggie Spilner as she introduces you to the tools and techniques that can help you get more from your walking routine. You'll go farther and faster, with greater comfort and less risk of injury.

Prevention's Complete Book of Walking features:

*Three workout plans to help you walk off extra pounds (page 97) *Step-by-step instructions for finding perfect-fitting shoes (page 47) *Yoga poses that support an efficient, fluid stride (page 131) *A buyer's guide for choosing the best treadmill (page 60) *A complete program to train for a 5-K event (page 151)

Prevention's Complete Book of Walking also features the 6-week Dynamic Walking program developed by Suki Munsell, Ph.D. You'll learn to move your body with grace, control, and power, so you'll get even greater benefit from your walking routine.

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Gregory Kim:

As people who live in the modest era should be upgrade about what going on or data even knowledge to make these individuals keep up with the era and that is always change and advance. Some of you maybe will probably update themselves by studying books. It is a good choice for yourself but the problems coming to you is you don't know which one you should start with. This Prevention's Complete Book of Walking: Everything You Need to Know to Walk Your Way to Better Health is our recommendation so you keep up with the world. Why, because book serves what you want and want in this era.

Melvin Groth:

The publication with title Prevention's Complete Book of Walking: Everything You Need to Know to Walk Your Way to Better Health includes a lot of information that you can learn it. You can get a lot of advantage after read this book. This specific book exist new understanding the information that exist in this publication represented the condition of the world currently. That is important to you to understand how the improvement of the world. This book will bring you inside new era of the the positive effect. You can read the e-book with your smart phone, so you can read that anywhere you want.

David Smith:

In this period globalization it is important to someone to get information. The information will make a professional understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You will observe that now, a lot of publisher that will print many kinds of book. Typically the book that recommended to you personally is Prevention's Complete Book of Walking: Everything You Need to Know to Walk Your Way to Better Health this e-book consist a lot of the information in the condition of this world now. This kind of book was represented how does the world has grown up. The dialect styles that writer require to explain it is easy to understand. The particular writer made some investigation when he makes this book. Honestly, that is why this book suited all of you.

Bobbie Burke:

As we know that book is essential thing to add our expertise for everything. By a publication we can know everything we really wish for. A book is a set of written, printed, illustrated or even blank sheet. Every year seemed to be exactly added. This guide Prevention's Complete Book of Walking: Everything You Need to Know to Walk Your Way to Better Health was filled with regards to science. Spend your extra time to add your knowledge about your scientific disciplines competence. Some people has distinct feel when they reading the book. If you know how big good thing about a book, you can experience enjoy to read a publication. In the modern era like today, many ways to get book you wanted.

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