



You Can Walk to Fitness

Rachel Armstrong

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You Can Walk to Fitness

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You Can Walk to Fitness Rachel Armstrong

Just start walking! That's the word from internationally competitive athlete and fitness pro Rachel Armstrong, who has created an easy-to-follow program for walking your way to better health. Walking is perfect for anyone looking to lower blood pressure, increase cardiovascular fitness and bone density, assist with weight control, or simply enjoy a healthier lifestyle. This complete illustrated guide provides training tips for optimizing technique and features regimens for everyone from beginners through elite athletes. Plus, there's loads of advice for keeping motivation high, finding others to share your workout and choosing the right footwear and accessories.

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