



# Fitness Walking For Dummies

*Liz Neporent*

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## **Fitness Walking For Dummies** Liz Neporent

Call it power walking, fitness walking, or just plain walking. Indoors or out, walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people, young and old. In fact, walking burns about the same number of calories per mile as running (and it's a lot easier on your knees). Walking is one of the most adaptable workout activities around - you can walk for an hour straight to make your walking program effective and to achieve your goals, or you can accumulate this hour over the course of a day.

"Fitness Walking For Dummies" is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it. If you're already a walking fanatic, you'll find out how to become a better fitness walker. This easy-to-understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression

Explore what it takes to begin an exercise program by setting goals, choosing shoes, and considering nutrition to optimize your workout. "Fitness Walking For Dummies" also covers the following topics and more: Warm-up and cool-down routines Strength training The four levels of walking: Lifestyle, Fitness, High-Energy, Walk-Run Weight-training routines and stretches that add variety Buying and using a treadmill Age, pregnancy, and walking with your dog Dealing with pain and injuries

Like 67 million other people in the United States who log over 201 million miles a year, you want to take advantage of all of the great things a regular walking program can do for you. Whether your goal is to improve your health or your appearance, lose weight, get stronger, feel good about yourself, or all of the above, walking can help you get to where you want to go. This book can help you do that by showing you everything you need to know about starting and maintaining a walking program.

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A lot of people always spent their very own free time to vacation or even go to the outside with them family members or their friend. Do you realize? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you would like try to find a new activity this is look different you can read a new book. It is really fun for you personally. If you enjoy the book you read you can spent 24 hours a day to reading a publication. The book Fitness Walking For Dummies it is extremely good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. If you did not have enough space to bring this book you can buy the e-book. You can m0ore quickly to read this book from the smart phone. The price is not too costly but this book possesses high quality.

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