



Walking Medicine: The Lifetime Guide to Preventive and Therapeutic Exercisewalking Programs

Gary Yanker, Kathy Burton

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The most inexpensive, simple, and natural exercise, walking is the safest, most effective remedy for adding more and better years to a person's life. In this comprehensive guide, America's foremost authority on "exercisewalking" shows men and women of all ages how to slow the aging process, prevent illness, ease back pain, and more through walking. Illustrated.



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