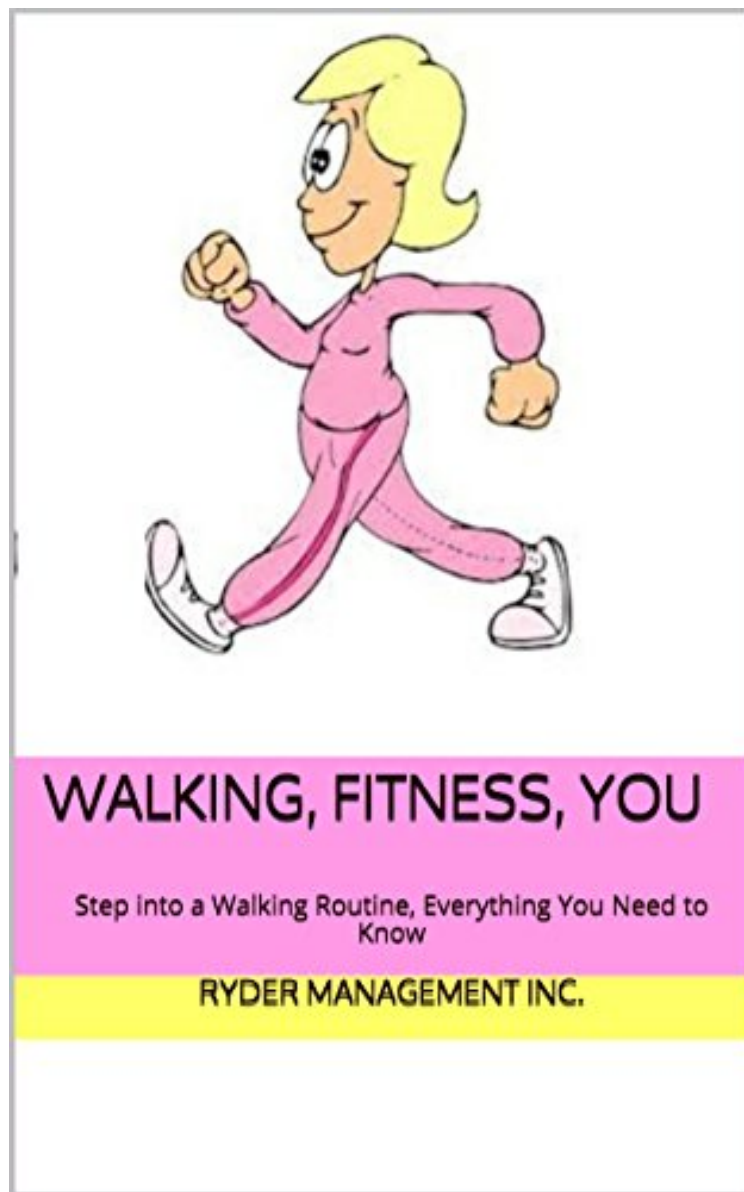


[E-BOOK] Walking, Fitness, You: Step into a Walking Routine, Everything You Need to Know (English Edition)

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Kurzbeschreibung Walking, Fitness, You Step into a Walking Routine, Everything You Need to Know Did you know that walking is the number one participation sport on the planet?As more and more studies are linking a sedentary lifestyle to an increase in diseases such as cardiovascular disease and cancer, there has never been a better time for you to take the steps towards an exercise routine such as daily 20 to 30 minute walks. Walking can increase your mood, enhance your looks and increase both your interior and exterior beauty.This book provides you with all the information you need to begin your walking routine and is a must read before you begin. This ebook will save you a number of hours in researching relevant information related to walking including common walking mistakes, key walking tips and the health benefits of walking. This ebook also explains:Pedometers and their accuracy along with advice on how to choose the best one; Walking gait and walking shoes including definitions and advice on how to know what type of show is the proper walking shoe for you; stretching exercises including the best ones for walking along with instructions on performing each of the best ones. And More Scroll back up to "look inside" this ebook and then download your copy today to begin your walk towards better health and enhanced beauty!Kurzbeschreibung Walking, Fitness, You Step into a Walking Routine, Everything You Need to Know Did you know that walking is the number one participation sport on the planet?As more and more studies are linking a sedentary lifestyle to an increase in diseases such as cardiovascular disease and cancer, there has never been a better time for you to take the steps towards an exercise routine such as daily 20 to 30 minute walks. Walking can increase your mood, enhance your looks and increase both your interior and exterior beauty.This book provides you with all the information you need to begin your walking routine and is a must read before you begin. This ebook will save you a number of hours in researching relevant information related to walking including common walking mistakes, key walking tips and the health benefits of walking. This ebook also explains:Pedometers and their accuracy along with advice on how to choose the best one; Walking gait and walking shoes including definitions and advice on how to know what type of show is the proper walking shoe for you; stretching exercises including the best ones for walking along with instructions on performing each of the best ones. And More Scroll back up to "look inside" this ebook and then download your copy today to begin your walk towards better health and enhanced beauty!