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Prevention's Practical Encyclopedia of Walking for Health: From Age-Reversal to Weight Loss, the Most Complete Guide Ever Written

Mark Bricklin

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Top U.S. walking authorities teamed up to create this definitive look at walking as a health activity. Common health conditions benefitted by walking include allergies, arthritis, back pain, heart disease, diabetes, depression, high blood pressure, and headaches. Includes a one-year, step-by-step fitness walking program. 10 illustrations.

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