

20-MINUTE

WALKING WORKOUT



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Lon H. Seiger, James L. Hesson



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Walk for Life Deena Balboa, David Balboa, 1990 As the fitness walking craze continues to sweep the country the authors reintroduce readers to the most natural form of exercise through a program that grows more enjoyable and desirable every day Illustrated **Walking-- for Health, Fitness and Sport** Bob Carlson, 1996 Walking for Health Fitness and Sport offers comprehensive advice on all aspects of walking guiding both beginners and active fitness walkers toward health and fitness improvement It includes many helpful appendices such as loosening and flexibility exercises and a daily training log

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