

An hour a week Indoor walking Circuit

1 minute each exercise • 4 circuits

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March in place



Side step



4 steps forward, 4 steps back



Side step x 2



Big step forward, side step, big step back, side step

Do for 30 seconds then change lead leg

Walking Workout Ideas Sign In

Stewart Sims

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Savage,1878 **Publishers Weekly** ,1990 Primary Care of the Older Adult Mary M. Burke,Joy A. Laramie,2000
Multidisciplinary in its presentation Primary Care for the Older Adult is written for professionals and examines the common
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