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Walking Workout Last 90 Days

Claire G. Waughfield



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The 90-day Fitness Walking Program Mark Fenton, Seth Bauer, 1995 No exercise has swept the nation like walking. It's simple, it works, and you've been doing it all your life. Now The 90 Day Fitness Walking Program leaves you no excuses. The editors of Walking magazine take you through a day to day progressive workout that helps you strengthen your heart, burn fat, feel healthier, and remain injury free all in 90 days. Most importantly, they guide you to building a safe, healthy, effective exercise habit that will last a lifetime. Day one: walk for ten minutes today, tomorrow, and the next day, but take day four off, and why? Starting up, fitting exercise into your day, and how to talk to your doctor about beginning a program. Chart your course, following your progress with an easy to use training log. It's the shoes, choosing the right pair and why it's so important. Stretch and strengthen simple stand up exercises for before and after your walk to keep your entire body supple and toned. How am I doing? how to assess your improving health and fitness. Sticks and stones, whether hand weights and walking poles are right for you. Do the diet, hydration, nutrition, calorie burn, and cutting the fat. Moving forward, advanced techniques, speed workouts, and racewalking for the ambitious. Beyond the book, how to write your own exercise prescription and keep up this great habit now that the first ninety days are behind you. *Principles of Long-term Health Care Administration* Peter J. Buttaro, 1999 With this book, the author offers information about the core principles of long term care administration. The purpose is to explain basic concepts and information essential to long term care administration. The training materials are to be used by long term care administrators. Areas associated with long term management are covered, such as regulations, finance, staffing, personnel, and medical care. This book is written in an easy to follow format and is referenced well for the original regulatory sources. Principles of management, including personnel management, theories of management, and finance are very well covered. The chapter on medical care in the nursing home is very dated, but since the intended audience of the book would not be responsible for medical management, this may not be of great consequence. This is a basic review of principles relative to long term care. The format is easy to follow, and this would be a useful reference text or review text for those in long term care administration. **Documentation in Action** Lippincott Williams & Wilkins, 2006 Designed for rapid on the job reference, Documentation in Action offers comprehensive, authoritative, practice oriented up to the minute guidelines for documenting every situation in every nursing practice setting and important nursing specialties. Need to know information is presented in bulleted lists, charts, flow sheets, sidebars, and boxes with icons and illustrative filled in samples. Coverage includes documentation for care of patients with various diseases, complications, emergencies, complex procedures, and difficulties involving patients, families, and other health care professionals. Suggestions are given for avoiding legal pitfalls involving telephone orders, medication reactions, patients who refuse care, and much more. A section addresses computerized documentation, HIPAA confidentiality rules, use of PDAs, nursing informatics, and electronic innovations that will soon be universal. **Documentation**, 2007 This full color handbook is a quick reference guide to all aspects of

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