

20-MINUTE

WALKING WORKOUT



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**June Irene Decker, Georgia
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Walking for Health & Fitness, 1988 **Exercise & Fitness** Jim Glenn, 1986 *Physical Fitness & Wellness* Jerrold S. Greenberg, 2000 **Everything Total Fitness** Ellen Karpay, 2000-04 Explains how to be healthy covering specific topics related to diet exercise injury and illness pregnancy and other aspects

Walking C Lang Neil, 1903 *Walking for Fitness* Lon H. Seiger, James L. Hesson, 1994 [Y's Way to Fitness Walking](#) June Irene Decker, Georgia Orcutt, Patricia Sammann, 1989 *The sportsman's, tourist's, and general time-tables and guide to ... Scotland*, ed. by J.W. Lyall J Watson Lyall, 1886

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