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One Best Hike: Yosemite's Half Dome Rick Deutsch, 2012-04-10 Successfully hike Yosemite's most famous landmark with the guide that helps you prepare and provides the details you need to know. Getting to the top of Yosemite National Park's Half Dome in California is one of America's epic day hikes. Starting in Yosemite Valley you'll ascend nearly one vertical mile past two impressive waterfalls through fragrant pine, fir, and cedar forests, then 425 feet up sheer granite on the famed steel cables to the summit where you'll enjoy some of the grandest views of your life. If you do it right, you'll be back down in the valley celebrating your accomplishment later that evening. While tremendously rewarding, this hike is also one of the park's most strenuous. Here's everything you need to know to successfully make the 15-plus mile trek. This step-by-step guidebook by Rick Deutsch tells you exactly how to hit the trail with confidence. Inside you'll find detailed specific advice on the proper physical conditioning, trail-tested list of what to wear and bring on the hike, historical vignettes, and 18 key points of interest along the trail with GPS markers. More than 100 photos so you know what to expect. One Best Hike Yosemite's Half Dome with its can-do approach, nuts and bolts advice, and practical tips will leave you wondering why you've waited so long to embark on this truly special hiking adventure.

The Walking Solution Lee Scott, Michele Stanten, 2020 The Walking Solution offers techniques and coaching cues to turn a low-impact, easily accessible activity into a fun and challenging workout for clients of every age and ability.

Living the Good Long Life Martha Stewart, 2013-04-23 Martha Stewart's engaging handbook for living your healthiest life after 40, with expertise from doctors and specialists on eating, exercise, wellness, home, and organizing, as well as caring for others. Martha Stewart's Living the Good Long Life is a practical guide unlike any other, honest and upbeat, with clear and motivating charts, resources, and tips from doctors and wellness specialists. From the best ways to organize your home to protecting your mental well-being and appearance as you age, this book gives accessible ideas that you can incorporate every day. And when it's time to explore caregiving for others, you'll know how to enrich their quality of life while preventing your own fatigue. Martha's 10 Golden Rules for Successful Aging provide a framework for chapters that cover your changing needs with every decade, including: Healthy Eating: Stock a healthy pantry for your dietary needs; Healthy Fitness: Stand strong on your feet by increasing your balance, endurance, and flexibility; A Healthy Brain: Stimulate new brain activity to prevent memory loss; A Healthy Outlook: Maintain a sense of daily purpose by strengthening social connections; Healthy Living Every Day: Medicate wisely while paying attention to aches and pains; Healthy Looks: Take care of your skin and match your makeup to your age; Healthy Home: Create a home that is a reflection of how you want to live; Healthy Living into the Future: Be your own wellness CEO to prevent future illness; Healthy Caring: Prepare for helping others while caring for yourself and much more. Healthy living begins with establishing small habits, and with Living the Good Long Life, you'll have a dependable source for thriving in your 40s, 50s, 60s, and beyond. In my Foundation's health initiatives and in my own life, I've seen again and again how even small measures to improve your health

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The Beginner's Guide to Power Walking Janice Meakin,2003 Suggesting a wide array of tips for staying motivated the author offers six graded training schedules to take readers from beginner status all the way to long distance and even marathon walker with gatefolds **Merck's Bulletin of Advanced Medicine and Surgery** ,1898 *The Philadelphia Medical Journal* ,1898 **The Musical Herald** ,1886 **Boston Medical and Surgical Journal** ,1898 **The Boston Medical and Surgical Journal** ,1898 *The Wharton's Complete Book of Fitness* Jim Wharton,2003 Kiplinger's Personal Finance ,1997-10 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics **The Girl's Own Outdoor Book** Charles Peters,1889 **The Lancet** ,1885 Modern Medicine, Its Theory and Practice: Evolution of internal medicine, predisposition and immunity, diseases caused by physical, chemical and organic agents, by vegetable parasites, by protozoa, by animal parasites, nutrition, constitutional diseases. -v. 2. Infectious diseases Sir William Osler,1907 Runner's World Advanced Indoor Exercise Book Richard Benyo,Rhonda Provost,1982 **Cancer of the Breast** William L. Donegan,1988 Very readable comprehensive and up to date throughout A well written well documented comprehensive text of breast cancer care Annals of Surgery review of previous edition This trusted resource offers in depth coverage of all aspects of breast cancer from epidemiology and pathology through surgical and non surgical management to psychological and legal issues The meticulously updated and revised 5th Edition provides cutting edge information on genetics screening mammography and sonography lymphatic mapping and sentinel node biopsy in situ carcinoma and early invasive carcinoma biologic response modifiers reconstruction and much more

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