

AT HOME

15 MINUTE WALKING WALK

FOR SENIORS

Walking Workout How To Setup

Mark Fenton

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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 John Stanton, 2009-09-01 Walking is something most of us do every day but we should be doing more of it 63% of Canadians aren t getting the recommended amount of daily exercise and it s adding up heart disease obesity and high blood pressure are all on the rise But something as simple as taking a few extra steps a day can make a huge difference moving more leads to more energy improved sleep quality and better heart health And John Stanton knows how to get people moving As the founder and president of Walking Running Room North America's largest chain of special stores for walkers and runners he has inspired people across the nation to develop healthier lifestyles one step at a time Walking A Complete Guide to Walking for Fitness Health and Weight Loss is the perfect companion for your own journey to good health With three program categories to fit every type of activity level from non walkers to avid walkers there is a program in here for you In this comprehensive guide you ll learn how to Set realistic goals Design your own training program Find the level of walking that s right for you Choose the best shoes and walking wear for your needs Prevent and treat common injuries Enhance your walking with optimum nutrition Let John Stanton show you the way to a healthier happier lifestyle one step at a time The Total Fitness Manual Gold's Gym, 2017-01-03 Transform your body in just 12 weeks Take the challenge Cover Your Way Fit Sarah Zahab, 2025-07-31 Walk Your Way Fit offers proven walking programs for all fitness levels and goals It covers topics such as walking form strength exercises dynamic warm ups active and static stretches modifications and amplification tips and strategies helping readers find enjoyment and success in reaching their health and fitness goals

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