



The Healthy Heart Walking Tape: Walking Workouts For A Lifetime Of Fitness

American Heart Association



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Walk your way to health and well-being!

Regardless of your level of fitness, you can improve your cardiovascular health, weight control, stress management, and overall well-being through a simple walking program. In the American Heart Association's "The Healthy Heart Walking Tape", the leading crusader in the fight against heart disease presents two complete walking workouts to help you get started. Designed to be listened to again and again, whenever you have time for a half-hour fitness walk, "The Healthy Heart Walking Tape" includes:

A 30-minute beginner's walk

A 30-minute intermediate walk-- for walkers ready for a faster pace

Original music written exactly to American Heart Association-recommended paces

Easy-to-do stretches and a diary in the illustrated booklet

Here are all the walking tools you need to increase your stamina, ability, and fitness. So whether your idea of a walk is a stroll around the block or ten laps at the track, "The Healthy Heart Walking Tape" will start you on the road to a fit lifestyle.



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William Gannaway:

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Pablo Cook:

This The Healthy Heart Walking Tape: Walking Workouts For A Lifetime Of Fitness is brand-new way for you who has curiosity to look for some information given it relief your hunger associated with. Getting deeper you on it getting knowledge more you know or else you who still having small amount of digest in reading this The Healthy Heart Walking Tape: Walking Workouts For A Lifetime Of Fitness can be the light food for you because the information inside this book is easy to get by means of anyone. These books develop itself in the form which can be reachable by anyone, that's why I mean in the e-book form. People who think that in e-book form make them feel drowsy even dizzy this publication is the answer. So there is not any in reading a reserve especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss the idea! Just read this e-book style for your better life and also knowledge.

Candace Arroyo:

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