



Walking for Beginners - Your Step by Step Guide for Hitting the Road!

M. Usman, John Davidson



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References Author Bio Publisher Preface Walking - The word sounds so simple doesn't it? We perform the

action every day and consider ourselves masters in it, but who knew that there might be a lot of things that aren't right when a person walks? Forget about the posture for a minute, walking is not just a way to go from one place to another, but also a wonderful technique to revive one's failing health and improving fitness. For perfect body health, however, it is necessary that a person walks with the right posture; moreover, there are variations with which he/she can walk and specific gear for maximizing the benefits. This book will tell you about the correct procedure to walk, how to build up your schedule, and tell you all the requirements and must haves for a nice, good walk.



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