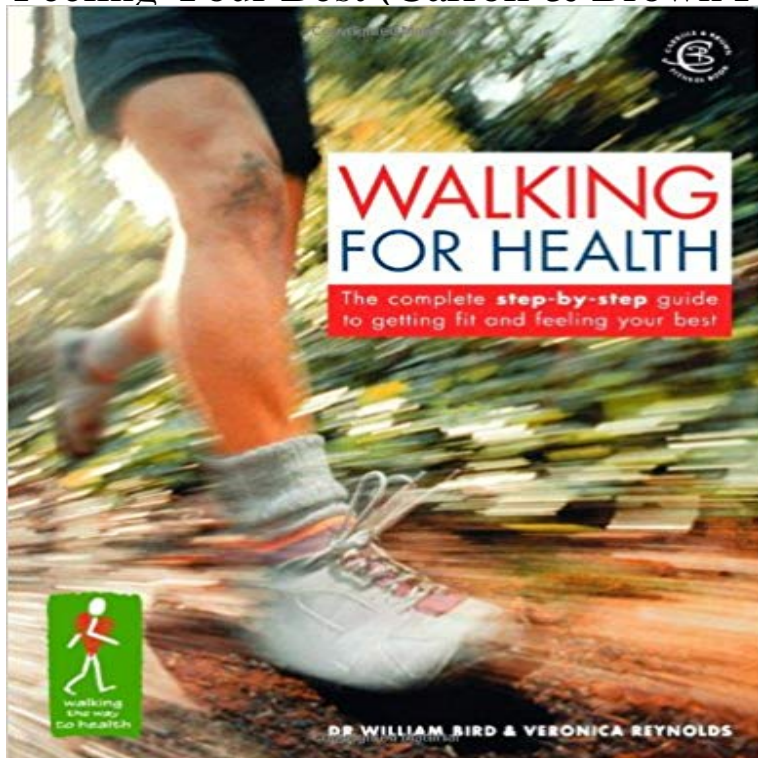


# Walking for Health: The Complete Step-by-Step Guide to Getting Fit and Feeling Your Best (Carroll & Brown Fitness Book)



Whatever your fitness goal—greater energy, better cardiovascular health, stress reduction, weight control, emotional tranquility—walking can help you achieve it. Walking for Health has an emphasis on effective techniques, helping you get more out of any walk. There are also specially tailored walking programs to meet the needs of all walkers, for beginners, intermediates, and the advanced; for a healthy heart or bad back; for weight loss; or simply to get away from stress and to get back to happiness. The book also looks in depth at the different walking terrains and environments and the effects this can have on your walking. Health matters are also addressed, from the importance of eating for energy and keeping hydrated, to dealing with minor problems that walkers often experience like muscle strains and the dreaded blisters. Plus, it contains information about organizing or joining a walking group for those who want to stroll and socialize.

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