



Walking: A Complete Guide to the Complete Exercise

Casey Meyers

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“A GIANT STEP FOR IMPROVING THE HEALTH OF MANKIND.”

–Kenneth H. Cooper, M.D., M.P.H.

It’s true: walking, the primary gait we use every day, is actually the safest, least expensive, and overall most beneficial way to lose weight and improve cardiovascular health.

Casey Meyers was diagnosed in 1995 at high risk for stroke or heart attack, and he has been out daily walking for his life—literally. Meyers (a fit and active 79) has conducted hundreds of walking clinics nationwide. In this revised and updated classic, he shows you how to achieve a healthier, happier life through exercise-walking. He tells you exactly what you need to know, including:

Benefits: weight loss, weight maintenance, losing fat, gaining muscle

Walking guidelines: how often, how far, how fast?

Pacing yourself: the stroll, brisk walking, and aerobic walking

Warm-ups: targeted stretches, posture, rhythm, and stride length

Gear: shoes, socks, and athletic dress for all types of weather

Safety: best times and places for secure exercise-walking

Lifestyle: eating smart, yoga, meditation

Questions and answers: the twelve biggest concerns of exercise-walkers

Walking is unrivaled in depth and breadth, truly comprehensive and invaluable for exercise-walkers at every level of fitness.

“Easy to follow and practical for people from eight to eighty.”

–*Publishers Weekly*

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Vernie Ruiz:

Typically the book *Walking: A Complete Guide to the Complete Exercise* will bring you to definitely the new experience of reading a book. The author style to elucidate the idea is very unique. If you try to find new book to study, this book very suitable to you. The book *Walking: A Complete Guide to the Complete Exercise* is much recommended to you to learn. You can also get the e-book from your official web site, so you can quickly to read the book.

Joseph McNeal:

The reason? Because this *Walking: A Complete Guide to the Complete Exercise* is an unordinary book that the inside of the reserve waiting for you to snap the item but latter it will jolt you with the secret this inside. Reading this book alongside it was fantastic author who also write the book in such awesome way makes the content within easier to understand, entertaining means but still convey the meaning totally. So , it is good for you because of not hesitating having this any more or you going to regret it. This excellent book will give you a lot of advantages than the other book get such as help improving your expertise and your critical thinking technique. So , still want to delay having that book? If I ended up you I will go to the reserve store hurriedly.

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