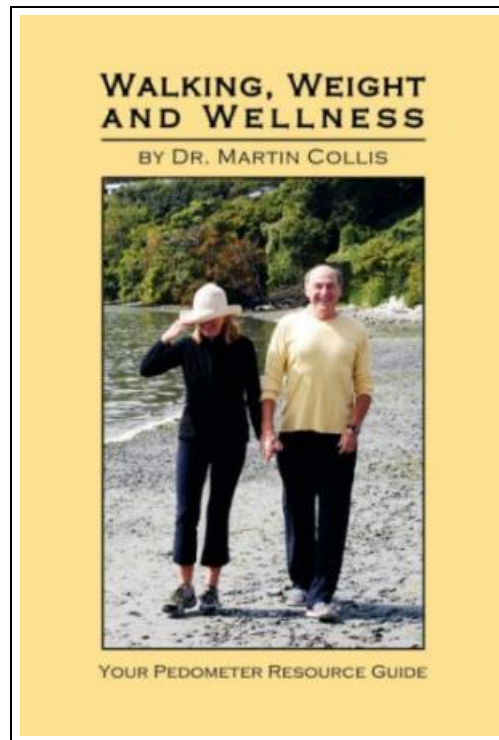


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WALKING, WEIGHT AND WELLNESS: YOUR PEDOMETER RESOURCE GUIDE



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Trafford Publishing. Paperback. Condition: New. 346 pages. Dimensions: 8.9in. x 6.0in. x 0.8in. Walking, Weight and Wellness is more than a book about walking, its about living at the height of your powers and rediscovering the lifestyle our culture has stolen away. Walking is good for your mind, your muscles, your cardiovascular system and your life. On the left hand pages you will find the wit, wisdom and inspiration of some of the greatest thinkers and leaders in history who saw walking as indispensable. The right hand pages will provide practical, proven programs for getting your feet back on the street, the trails or the treadmill. You will be introduced to the life-saving concept of 10, 000 steps a day and provided with authoritative information about selecting a reliable pedometer for your step counting. Virtual walks, such as Circle Canada and Route 66 will transform your steps into cities and scenery. The problem of overweight and obesity are dealt with head-on with a crystal clear explanation of the ebb and flow of calories. You will be shown how to walk away from weight and how walking will help you maintain your goal weight. Walking can play a major role in workplace wellness, being good for employer and employee alike. Fitter employees are absent less often, are more productive, have fewer accidents and make fewer mistakes giving walking incentive programs a great return on investment (ROI) for the employer and a great return on life (ROL) to the participant. There is incontrovertible evidence that fit, healthy children perform better academically than their unfit peers. Walking, Weight and Wellness looks at creative ways to restore the activity to schools that has been lost in the name of safety and convenience. This book offers expert guidance on total body health and builds to the...



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