



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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Bobby Griffin:

Typically the book The Healthy Heart Walking Tape: Walking Workouts For A Lifetime Of Fitness has a lot details on it. So when you make sure to read this book you can get a lot of gain. The book was authored by the very famous author. The writer makes some research just before write this book. This kind of book very easy to read you can get the point easily after looking over this book.

Juana Rummel:

Why? Because this The Healthy Heart Walking Tape: Walking Workouts For A Lifetime Of Fitness is an unordinary book that the inside of the reserve waiting for you to snap this but latter it will shock you with the secret the item inside. Reading this book alongside it was fantastic author who else write the book in such amazing way makes the content inside of easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of gains than the other book have such as help improving your ability and your critical thinking approach. So , still want to hesitate having that book? If I ended up you I will go to the publication store hurriedly.

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