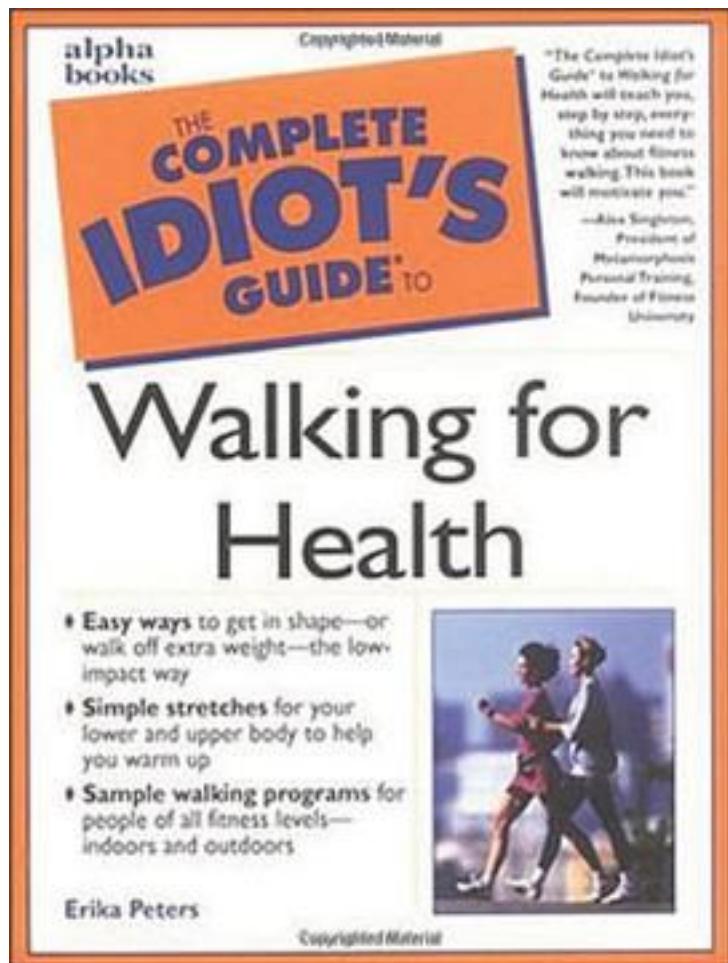


# The Complete Idiot's Guide to Walking for Health



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出版者:Alpha Books

出版时间:2001-2

装帧:Pap

isbn:9780028640020

Taking a unique turn when it comes to exercise, this guide offers readers quick and easy ways to finding the time to walk; idiot-proof steps for turning leisure into exercise;

and valuable advice on how to enjoy a walk.

作者介绍:

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