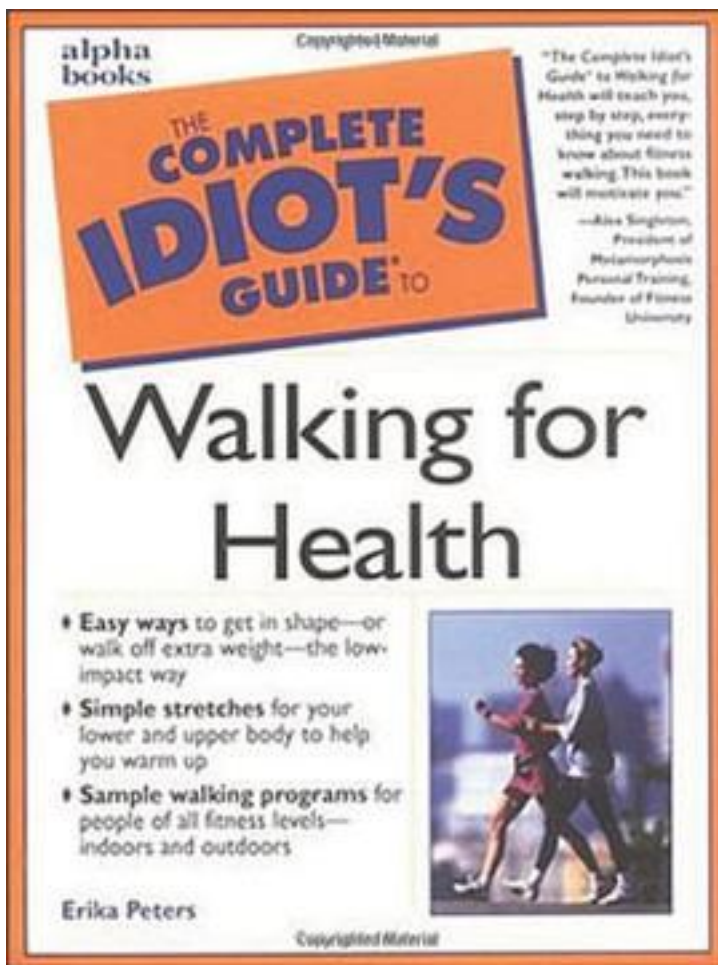


The Complete Idiot's Guide to Walking for Health



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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.

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