

# The Walking Diet



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出版者:Penguin USA

出版时间:1995-5

装帧:Pap

isbn:9780879515966

This handbook to total fitness--with a specially designed Walker's Workout--includes 33 warm-up instructions for designing your own walking regime, charts, and a walking record to track your progress. Complete with tips on managing stress and stimulating creativity through walking, this program will enable readers to become fitter and happier in 30 days.

作者介绍:

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