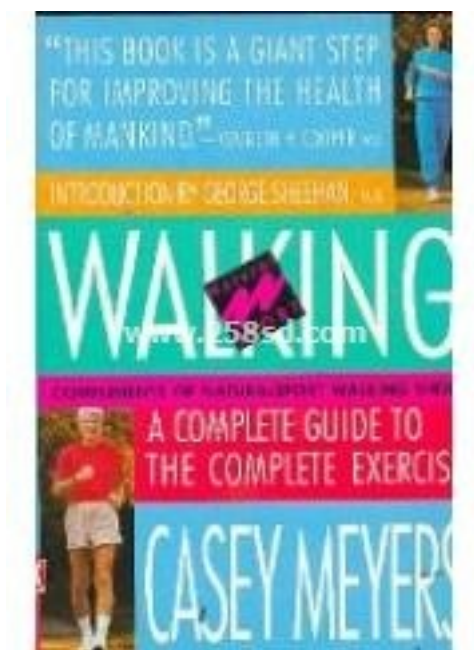


Walking



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著者:Meyers, Casey

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“A GIANT STEP FOR IMPROVING THE HEALTH OF MANKIND.”

–Kenneth H. Cooper, M.D., M.P.H.

It’s true: walking, the primary gait we use every day, is actually the safest, least expensive, and overall most beneficial way to lose weight and improve cardiovascular health.

Casey Meyers was diagnosed in 1995 at high risk for stroke or heart attack, and he has been out daily walking for his life—literally. Meyers (a fit and active 79) has conducted hundreds of walking clinics nationwide. In this revised and updated classic, he shows

you how to achieve a healthier, happier life through exercise-walking. He tells you exactly what you need to know, including:

Benefits: weight loss, weight maintenance, losing fat, gaining muscle

Walking guidelines: how often, how far, how fast?

Pacing yourself: the stroll, brisk walking, and aerobic walking

Warm-ups: targeted stretches, posture, rhythm, and stride length

Gear: shoes, socks, and athletic dress for all types of weather

Safety: best times and places for secure exercise-walking

Lifestyle: eating smart, yoga, meditation

Questions and answers: the twelve biggest concerns of exercise-walkers

Walking is unrivaled in depth and breadth, truly comprehensive and invaluable for exercise-walkers at every level of fitness.

“Easy to follow and practical for people from eight to eighty.”

– Publishers Weekly

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