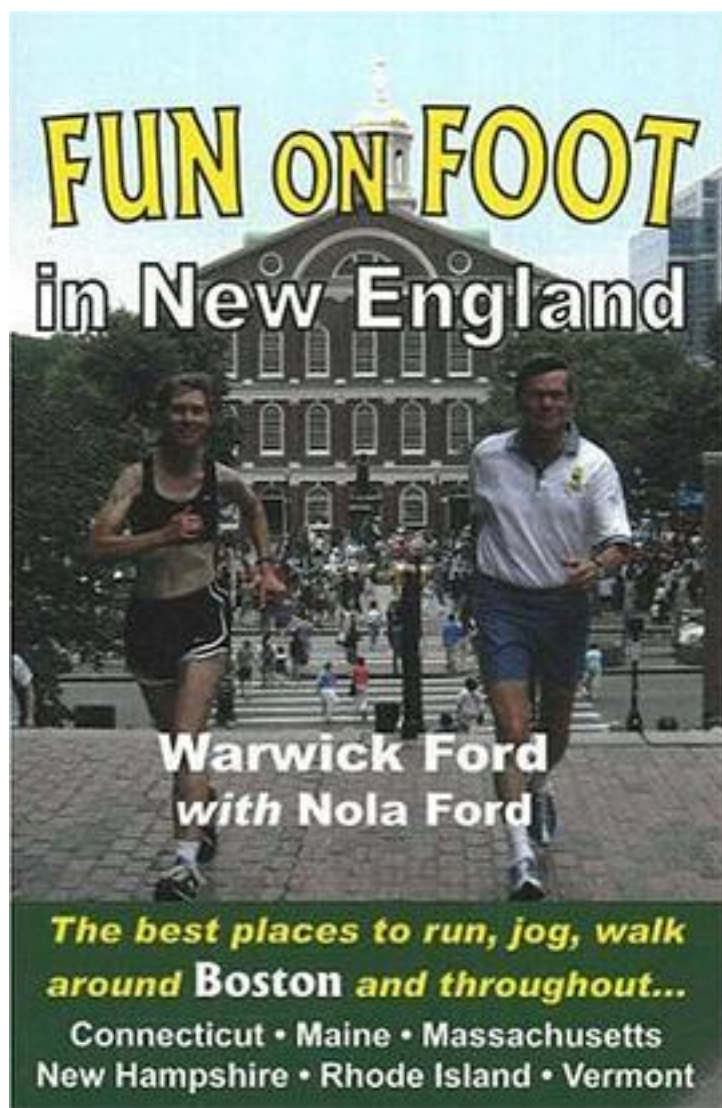


Fun on Foot in New England



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New England is a runner, jogger, walker paradise, with many enjoyable places to exercise on-foot. If you live in or visit New England, this book will help you find the most irresistible outdoor exercise routes. The goal is to remove all barriers to spending more time outdoors and building fitness, while enjoying the region. The Fun on Foot model is a simple one. The authors believe that one of the easiest and most effective ways to keep fit and control weight is to run, jog, or walk in attractive, comfortable, and interesting environments. There are too many excuses for skipping exercise, which is frequently considered a chore, if not downright unpleasant. Exercise needs to be easy and enjoyable if we are to do it regularly. When armed with the right information, on-foot outings can be interesting and enjoyable. Given a route with attractions, no comfort concerns, and a nice eating and drinking place to finish up, these excursions can even be fun. The authors delved into all the major population areas of Connecticut, Massachusetts, New Hampshire, Maine, Rhode Island, and Vermont, and selected the most enjoyable exercise places. They documented many excellent routes around Greater Boston and such cities as Providence RI, Hartford CT, Stamford CT, Manchester NH, Portsmouth NH, Portland ME, Burlington VT, and Worcester MA. In all, over 40 cities and towns are covered, including the major tourist destinations of Cape Cod, Martha's Vineyard, Nantucket, and Mount Washington. The book has over 120 illustrations, including maps and photographs. Use this book to keep fit while travelling and at home, and - most of all - to make it fun!"

作者介绍:

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