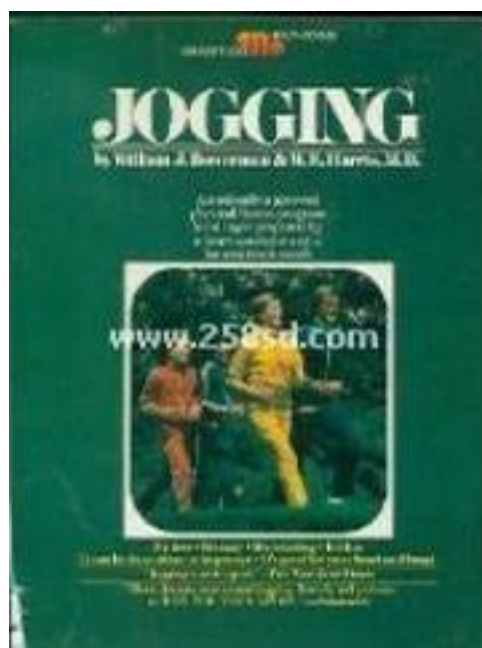


# Jogging.



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著者:

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This book is about joggingi¼ an exercise program of relaxed walking and running that will improve the level of physical fitness of nearly anyone from seven to 70. There is nothing mysterious or revolutionary about it. Jogging is simply a unique application of the accepted principle that regular exercise in moderate amounts is good for most people. Jogging is free. It is convenient and enjoyable. It is safe. It requires no special skills or equipment. And it can benefit nearly everyone who is not ill or disabled. At the same timei¼ it has special benefits for the \"over 30\" and the \"well over 30\" groups who no longer regularly exercise. Through jogging they can recapture a level of physical fitness they thought they had lost forever. And jogging is reasonable. You can grow fit without greatly changing your personal habits. Within reasoni¼ you can still eat

>what you like . . . take a drink. Remember only that good sense<br>is the best guide  
to healthful living.<br>JOGGING IS DIFFERENT<br>1<br>5<br><br>

作者介绍:

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