



The Healthy Heart Walking Book

The American Heart Association

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Walk your way to health and well-being! Regardless of your level of fitness, you can improve your cardiovascular health, weight control, stress management, and overall well-being through a simple walking program. In the American Heart Association's The Healthy Heart Walking Book, the leading crusader in the fight against heart disease tells you all you need to get started. Simple quizzes help you assess your fitness level and determine your short- and long-range goals, as well as your personal fitness barriers. Throughout the book, you'll find tips on:

- Choosing the right shoes
- Eating right
- Trying new posture and breathing techniques
- Stretching to warm up and cool down
- Increasing your walking speed and endurance
- Keeping yourself motivated
- Charting your progress, new ideas, and future goals in a special fill-in diary

Here are all the walking tools you need to increase your stamina, ability, and fitness. So whether your idea of a walk is a stroll around the block or ten laps at the track, The Healthy Heart Walking Book will start you on the road to a fit lifestyle.

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From reader reviews:

Bernice Fugate:

Spent a free time to be fun activity to try and do! A lot of people spent their leisure time with their family, or all their friends. Usually they carrying out activity like watching television, gonna beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Can be reading a book might be option to fill your totally free time/ holiday. The first thing that you will ask may be what kinds of reserve that you should read. If you want to test look for book, may be the e-book untitled The Healthy Heart Walking Book can be good book to read. May be it might be best activity to you.

Terra Runyan:

Do you have something that you prefer such as book? The reserve lovers usually prefer to select book like comic, brief story and the biggest you are novel. Now, why not trying The Healthy Heart Walking Book that give your pleasure preference will be satisfied through reading this book. Reading habit all over the world can be said as the way for people to know world better then how they react towards the world. It can't be mentioned constantly that reading practice only for the geeky individual but for all of you who wants to end up being success person. So , for all of you who want to start studying as your good habit, you could pick The Healthy Heart Walking Book become your own personal starter.

Jeffery Bruce:

As a university student exactly feel bored to help reading. If their teacher inquired them to go to the library or even make summary for some publication, they are complained. Just very little students that has reading's internal or real their passion. They just do what the trainer want, like asked to go to the library. They go to at this time there but nothing reading seriously. Any students feel that reading through is not important, boring along with can't see colorful pics on there. Yeah, it is to get complicated. Book is very important to suit your needs. As we know that on this age, many ways to get whatever we would like. Likewise word says, ways to reach Chinese's country. Therefore this The Healthy Heart Walking Book can make you sense more interested to read.

Ralph Pettie:

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