



Aerobic Walking The Weight-Loss Exercise: A Complete Program to Reduce Weight, Stress, and Hypertension

Mort Malkin

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Slim down, tune up, and feel better in eight weeks With proper technique, aerobic walking is one of the safest and most beneficial forms of exercise and a terrific way to lose weight. Now from bestselling health and fitness expert Dr. Mort Malkin offers a complete, step-by-step aerobic walking program that you can customize to reach your personal fitness and weight-loss goals. Drawing on the latest scientific findings on proper walking techniques, weight loss, safety, and nutrition, Dr. Malkin explains everything you need to know to walk your way to a slimmer, healthier you, including how to: Reduce stress and lower your blood pressure Control your appetite Determine how far, fast, and often to walk for your health and fitness level Slow down, and even reverse, osteoporosis Select the best footwear and accessories Here is a complete program that will bring you a healthier and more satisfying life.

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