



Healthy Heart Walking Book: A Complete Program for a Lifetime of Fitness

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A complete program for a lifetime of fitness. Includes a Diary to chart your progress. The book contains 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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Madeline Cecil:

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Luther Jensen:

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