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Walking for Fitness

By Nina Barough

Dorling Kindersley Ltd. Paperback. Book Condition: new. BRAND NEW, Walking for Fitness, Nina Barough, This is a total fitness programme from power-walking expert Nina Barough. Keep fit, tone-up and lose weight - walking is the perfect way to achieve optimum health, hassle free. Power-walking expert Nina Barough reveals there is a world of difference between a casual stroll and an energising, body-sculpting power walk. Founder of the annual Moonwalk, Nina explains how this low-impact form of exercise can be done by anyone, anywhere at anytime and her total walking programme will help you achieve health, vitality and weight-loss. This book was made for walking!.



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A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

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