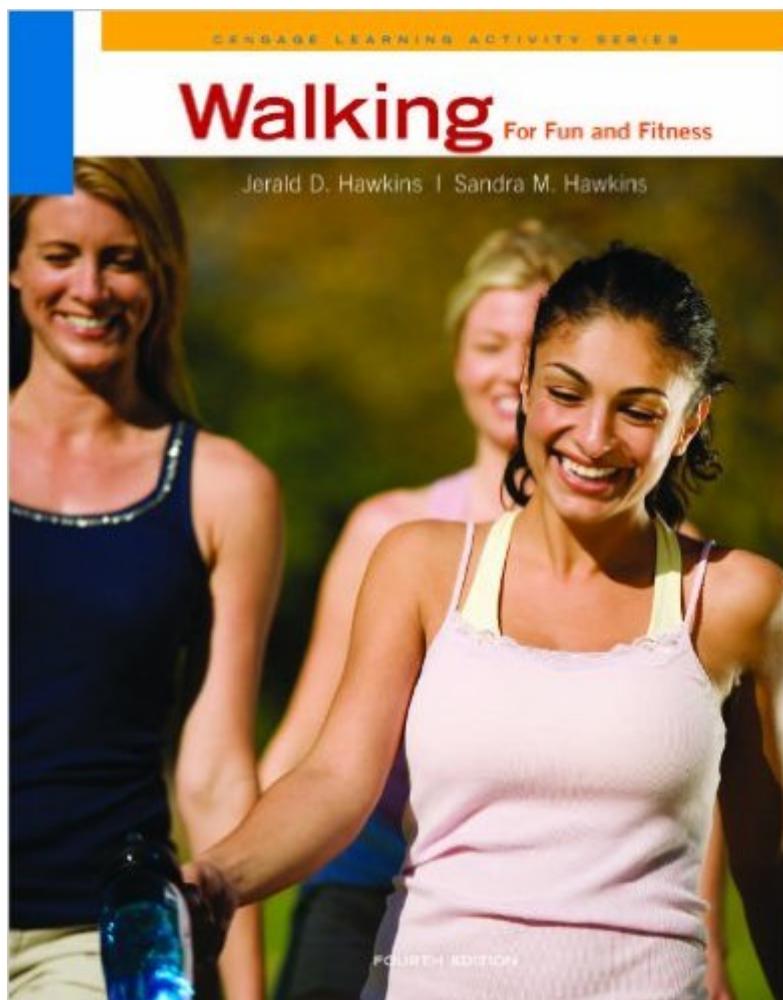


The book was found

Walking For Fun And Fitness (Cengage Learning Activity)



Synopsis

Cengage Learning Activity Series From aerobics and yoga -- to bowling, tennis, weight training, and more -- Wadsworth offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Wadsworth Physical Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. **WALKING FOR FUN AND FITNESS**, 4th Edition, is divided into three parts: Part One is an introduction to walking; Part Two, **Fun and Fitness Through Walking**, discusses exercise principles and technique; and Part Three, **Maximizing Your Walking Program**, covers injury prevention, nutrition and weight management. Armed with the knowledge of this text, students learn effective motivation techniques to get them started (and keep them going!), and help them discover that walking can be fun and lead to greater fitness.Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Book Information

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Customer Reviews

Awesome book. Has logs in the back. Really helps you understand walking is for fitness as well. Good Read and Lots to Learn.

Average for a fitness walking book. Not very interesting but good book. I used it for a walking class and it was good for it.

I have always enjoyed walking, this product has just given me answers to questions that i have had for a while. Thank you

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