



Healthy Walking Makes Healthy Life (Chinese Edition)

Xue Lei

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Healthy Walking Makes Healthy Life (Chinese Edition) Xue Lei

This book introduces the benefits of walking to readers. There are many benefits of walking, for example, walking helps develop good life habits, perfecting human's nervous system, improving and maintaining good recognizing function, decreasing the secretion of hormones, increasing the secretion of chronic acid, promoting the assumption of fatty material and reducing the risks of getting many diseases...

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