



Walking For Fitness

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Discover the benefits of power walking and take simple steps to boost your energy levels with *Walking for Fitness*. Whether you want to include walking in your workout regimen or simply want to be more active and reach the recommended 10,000 steps a day, this collection of strategies can help you maximize the benefits of fitness walking.

Seven 12-week-long walking programs target a range of goals, from weight loss to completing a marathon. Step-by-step photographs demonstrate correct techniques, and stretching and strengthening exercises are explained to complement your walking program and help you improve your overall well-being.

Now revised and updated, *Walking for Fitness* provides you with everything you need to achieve good health, increased vitality, and weight loss.

No matter your age or fitness level, make every step count with *Walking for Fitness*.

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