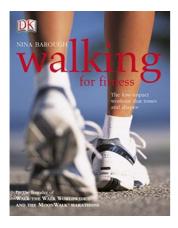
# **Read PDF**

# WALKING FOR FITNESS



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...

## **Read PDF Walking for Fitness**

- Authored by Nina Barough
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## Reviews

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