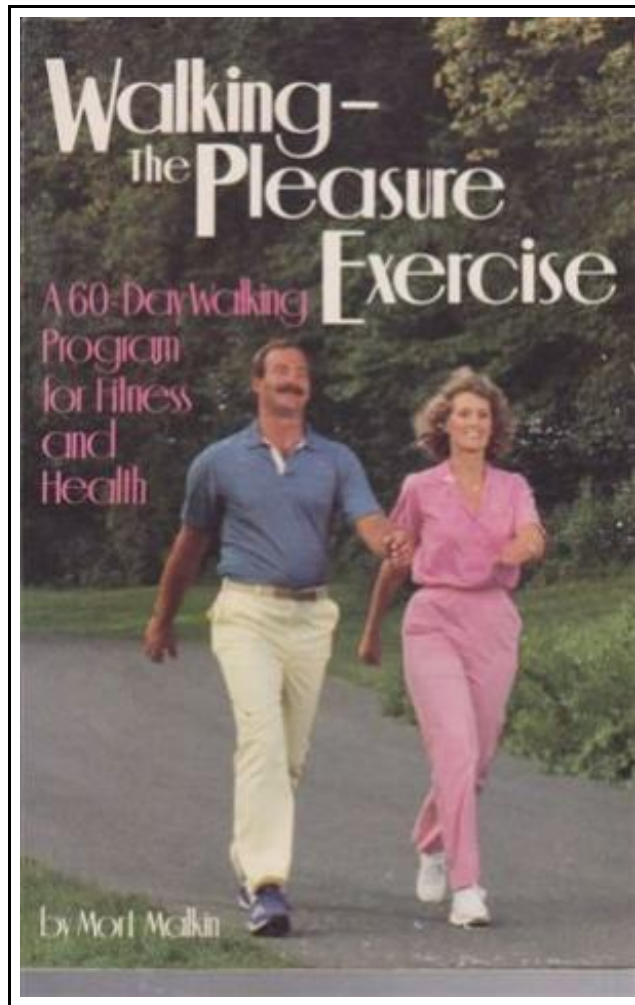


Walking: The Pleasure Exercise: A 60-Day Walking Program for Fitness and Health



Filesize: 4.81 MB

Reviews

I actually started out reading this book. It can be packed with wisdom and knowledge I discovered this ebook from my dad and i suggested this book to understand.
(Prof. Barney Harris)

WALKING: THE PLEASURE EXERCISE: A 60-DAY WALKING PROGRAM FOR FITNESS AND HEALTH



Rodale Press, Emmaus, Pennsylvania, U.S.A., 1986. Soft cover. Book Condition: New. From Publishers Weekly: "If you are able to walk for ten continuous minutes you can start my walking program," writes Malkin, an oral surgeon and walking aficionado who puts forth a 60-day, four-stage fitness program, in which frequency, distance and intensity are increased gradually. Instructions for improving form, warming up, cooling down and stretching are detailed and useful. Unfortunately, the book is fattened with pages of references and insipid digressions, and the hackneyed prose has two left feet ("Among the many reasons why walking yields health are these: it is exercise and it is moderate"). The author might best stick to dentistry and leave the writing to a writer. Illustrations not seen by PW. Copyright 1986 Reed Business Information, Inc. From Library Journal Malkin presents a program of walking for health that is easy to understand and inspiring. The ideas are reasonable and can be adapted by people in almost any physical condition. Information is helpful and covers the gamut why people should walk, warm-up, "bribing" oneself to keep going, anatomy, nutrition, and safety. This is a sensible program that can be used in the city or country, by the young and older, the thin and not-so-thin. Attitude is stressed throughout. There is a special chapter about exercise during pregnancy. While this differs in approach from Colin Fletcher's classic *The Complete Walker III*, which is about hiking and backpacking, it is a nice addition for collections with books about the outdoors and health. Patty Miller, New Hampshire Vocational-Technical Coll. Lib., Laconia Copyright 1986 Reed Business Information, Inc.



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