



The Healthy Heart Walking CD: Walking Workouts For A Lifetime Of Fitness

American Heart Association

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Walk your Way to Health and Well-Being

Regardless of your level of fitness, you can improve your cardiovascular health, weight control, stress management, and overall well-being through a simple walking program. In the American Heart Association's *Healthy Heart Walking CD*, the leading crusader in the fight against heart disease and stroke presents two complete walking workouts to help you get started.

Designed to be listened to again and again, whenever you have time for a half-hour fitness walk, *The Healthy Heart Walking CD* includes:

- A 30-minute beginner's walk
- A 30-minute intermediate walk -- for walkers ready for a faster pace
- Original music written exactly to American Heart Association-recommended paces
- Easy-to-do stretches and a diary in an illustrated booklet

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From reader reviews:

Roger Bennett:

Have you spare time for the day? What do you do when you have much more or little spare time? Sure, you can choose the suitable activity to get spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to the particular Mall. How about open as well as read a book entitled The Healthy Heart Walking CD: Walking Workouts For A Lifetime Of Fitness? Maybe it is to get best activity for you. You recognize beside you can spend your time with your favorite's book, you can smarter than before. Do you agree with their opinion or you have some other opinion?

Wanda Crane:

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Tasha Banda:

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Of Fitness giving you yet another experience more than blown away the mind but also giving you useful info for your better life with this era. So now let us present to you the relaxing pattern this is your body and mind are going to be pleased when you are finished studying it, like winning a. Do you want to try this extraordinary investing spare time activity?

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