

ROCKPORT WALKING PROGRAM

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lower cholesterol—and a lifetime of slimmness!



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AND
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DR. JAMES M. RIPPE
AND ANN WARD, PH.D.
with Kerla Dougherty

The Rockport Walking Program

Gary Yanker



The Rockport Walking Program:

The Rockport Walking Program James M. Rippe,1989 Based on research at the Rockport Walking Institute Dr James M Rippe and Ann Ward Ph D present an exciting new approach to health and vitality WALK [The Rockport Walking Program](#) James M. Rippe,1992-10-01 **The Complete Idiot's Guide to Walking For Health** Erika Peters,2000-03-01 You re no idiot of course You ve been meaning to get on track to a happier healthier life and you ve heard that walking burns the same amount of calories as jogging But your path while paved with good intentions is also filled with roadblocks like having too little energy or too many unwholesome distractions Lace up your sneakers The Complete Idiot s Guide to Walking for Health will help you develop a walking program and be with you every step of the way In this Complete Idiot s Guide you get Simple steps to figure out your waist to hip ratio and fitness level Easy ways to stay motivated and energetic Time saving tips on incorporating walking workouts into your busy life Expert advice on how walking helps you age gracefully

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Walking for Fun and Fitness Jerald D. Hawkins,Sandra M. Hawkins,1995-10 The text is divided into three parts Part One is an introduction to walking which discusses the why s of a walking program Part Two is Fun and Fitness through walking which discusses the how to s of a walking program and Part Three is Maximizing Your Walking Program discussing injury prevention nutrition and weight management Individuals will discover if that they use knowledge gained and the motivation techniques walking will be fun and fitness will come [Walk, Jog, Run, for Wellness](#) Patricia A. Floyd,Janet E. Parke,1990 **Free Stuff and Good Deals for Folks Over 50** Linda Bowman,2007-11-01 The completely revised 3rd edition of Free Stuff Good Deals for Folks over 50 features goods and services that are either absolutely free or are such a fantastic deal they won t want to pass them up And best of all author and professional bargain hunter Linda Bowman shows them how to obtain their free gifts and incredible bargains quickly and easily This fact filled guide is packed with information

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