



Walking and Jogging for Health and Wellness (Wadsworth Activities)

By Frank Rosato

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WALKING AND JOGGING FOR HEALTH AND FITNESS is a concise text that introduces readers to the health benefits of walking and jogging. It presents persuasive and logical reasons why exercise should be included in one's daily life, and provides guidelines for beginning and sustaining walking and jogging programs with the aim of accomplishing health and fitness objectives.

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