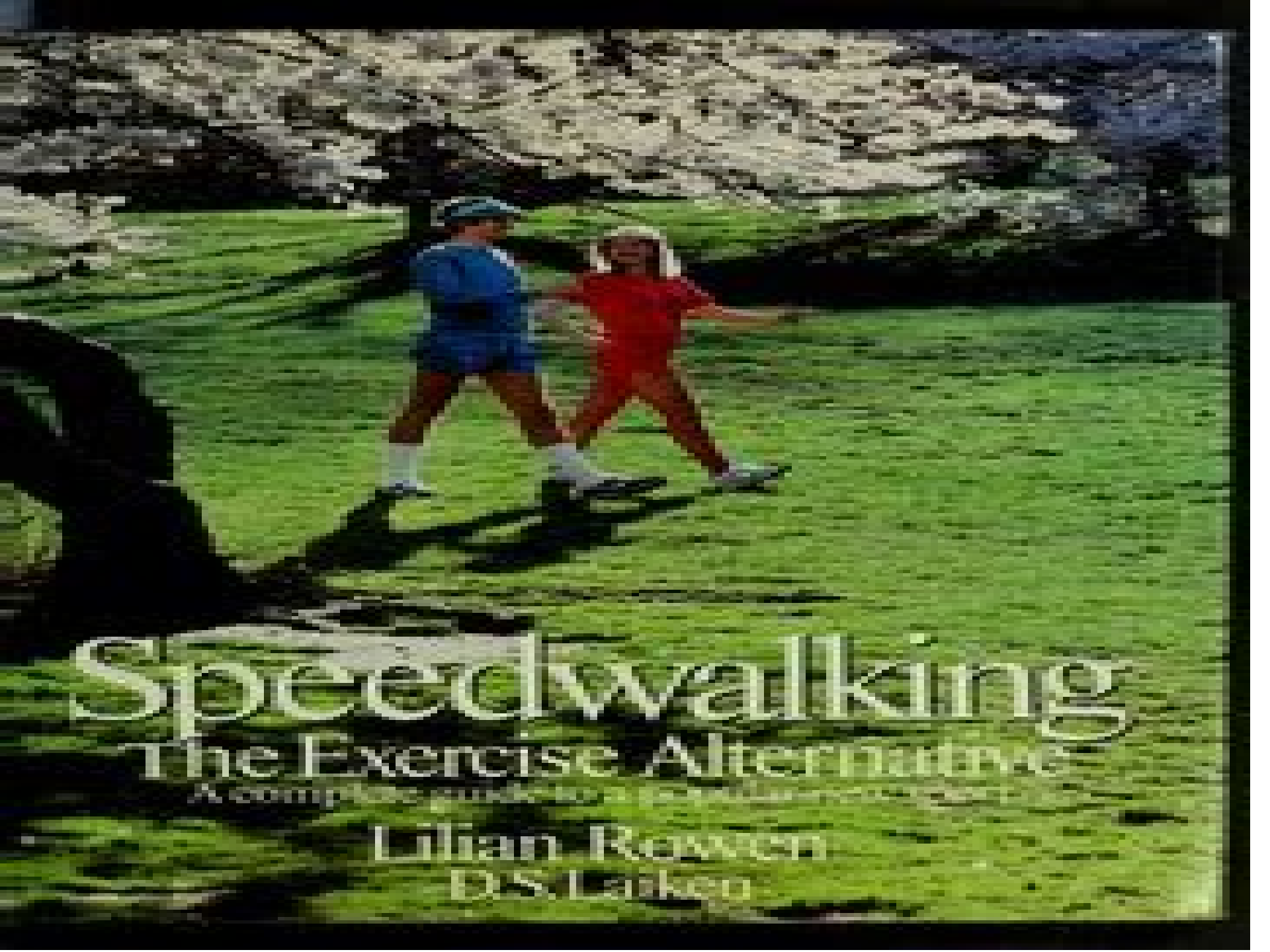


A photograph of two individuals, a man in a blue shirt and a woman in a red shirt, performing speedwalking exercises on a green lawn. They are in a dynamic, forward-leaning pose. The background features a dense line of trees and a clear sky.

Speedwalking

The Exercise Alternative

A complete guide to a low-impact, high-calorie workout

Lilian Reaven
D.S. Lanken

Speedwalking The Exercise Alternative

James Marti, Andrea Hine



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Speedwalking Lilian Rowen,1980-10-01 A thorough medically sound introduction to the new exercise phenomenon that is convenient painless and invigorating provides a total fitness program detailed descriptions of speedwalking techniques and diet plans for increased energy *Walking Meditation: Techniques and Benefits* Prof. (Dr.) Jai Paul Dudeja,2022-05-02 This book describes eleven types of walking meditation techniques and their beneficial effects These techniques are Walking Meditation in Theravada Buddhism Zen Walking Meditation or Kinhin Taoist or Daoist Walking Meditation Vipassana Walking Meditation Walking Meditation in Vietnamese Thien Tradition due to Thich Nhat Hanh Mindful Walking Meditation Yogic or Om Mantra Based Walking Meditation Jong Grom Walking Meditation Labyrinth Walking Meditation Pilgrimage Walking Meditation and Walking Meditation in the Forest It is sincerely believed that a book of this nature will be useful for all the readers across the globe who wish to understand the significance of science of walking meditation and practices and get physical mental emotional and spiritual benefits from it

The Alternative Health & Medicine Encyclopedia James Marti,Andrea Hine,1998 The second edition of the popular Alternative Health Medicine Encyclopedia provides newly updated clinical information on how to maintain health and well being In accessible language health and nutrition expert James Marti describes various alternative medicines that treat the whole person mind and body rather than just the symptoms Charts graphs

Health Walk Bob Carlson,Othniel J. Seiden,1988 The authors have written a practical conceptually sound guide to walking as an effective and proven way to better health and wellness *An Annotated Bibliography of Race Walking and Related Subjects, with Particular Reference to the Young Athlete* Denis Strangman,1990 *Braille Books Library of*

Congress. National Library Service for the Blind and Physically Handicapped,1983 **Mother and Baby Health** Andy Raffles,Felicity Fine,Harriet Sharkey,Yehudi Gordon,2012-09-30 Written by one of the world s leading obstetricians this A Z health guide is designed for easy use to help and empower you to make an informed decision on your own or your baby s health Yehudi Gordon s integrated approach examines the nature of a condition and possible medical or complementary care beginning with self help where appropriate and outlines further treatment or procedures that may be advised by midwives or doctors As an unrivalled source of expert medical advice this book is essential reading for every parent

Paul Tergat:
Running to the Limit Jürg Wirz,2005 34 year old Kenyan Paul Tergat has secured his place in the history books with his Marathon world record in Berlin at the end of September 2003 Today he is considered as one of the best runners of all time At Olympic Games he won two silver medals both times behind his friend and rival Haile Gebrselassie This book will illustrate Tergats way from an unknown runner in a tiny village in Kenya to the Marathon world record holder and Dollar millionaire It will show the triumphs and disappointments that formed him as a human being He is still the man they call a gentleman not without reason In Running to the Limit Paul Tergat will also tell a lot about his training program e g in a special chapter about the famous Italian running school of Dr Gabriele Rosa who coached his first Kenyan athlete Moses Tanui in 1990 and

nowadays has 200 Kenyan athletes under contract among them some of the best Marathon runners in the world Tergat will also give many training tips for everyday runners because many of his hints and ideas hold true for record holders as well as for hobbyists Running to the Limit is richly illustrated with colourful photographs many of them as yet unpublished shots from Kenya *The Running Book* Consumer,1978 *Braille Book Review* ,1984

Unveiling the Magic of Words: A Review of "**Speedwalking The Exercise Alternative**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Speedwalking The Exercise Alternative**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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