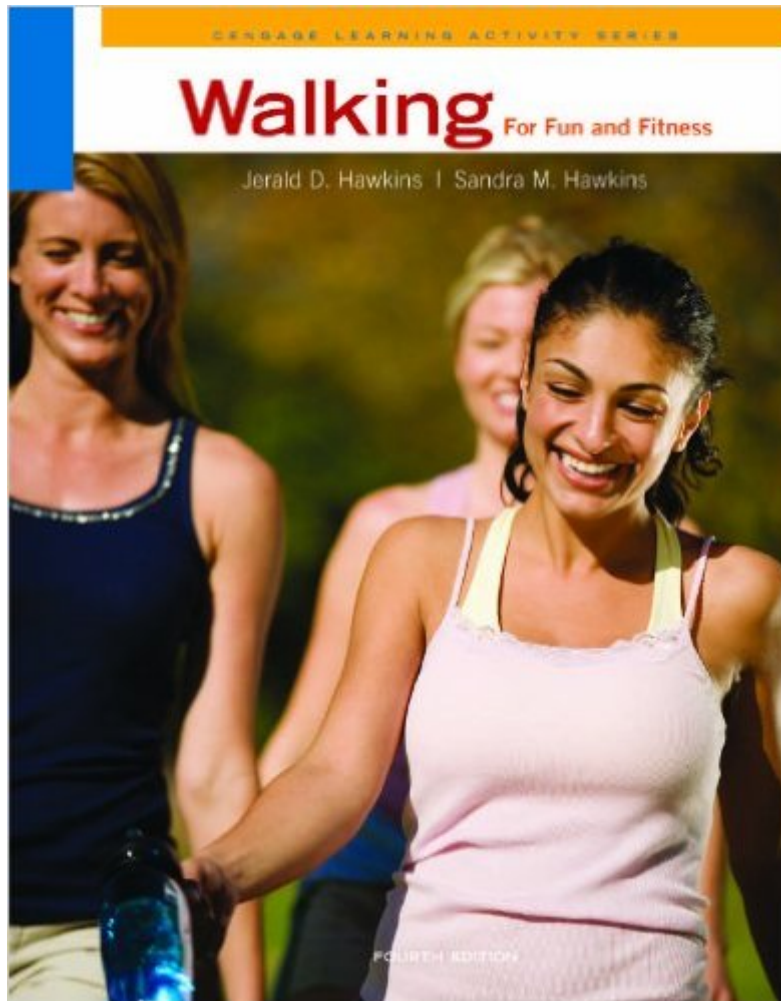


The book was found

Walking For Fun And Fitness (Cengage Learning Activity)



Synopsis

Cengage Learning Activity Series From aerobics and yoga -- to bowling, tennis, weight training, and more -- Wadsworth offers a complete line of activities texts to meet your teaching needs. Written for individuals of all skill levels and backgrounds, the Wadsworth Physical Activity Series goes beyond the mere fundamentals, showing students how to improve, excel, and simply get more enjoyment from their favorite physical activities. WALKING FOR FUN AND FITNESS, 4th Edition, is divided into three parts: Part One is an introduction to walking; Part Two, Fun and Fitness Through Walking, discusses exercise principles and technique; and Part Three, Maximizing Your Walking Program, covers injury prevention, nutrition and weight management. Armed with the knowledge of this text, students learn effective motivation techniques to get them started (and keep them going!), and help them discover that walking can be fun and lead to greater fitness. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Book Information

File Size: 22064 KB

Print Length: 128 pages

Publisher: Cengage Learning; 004 edition (January 1, 2011)

Publication Date: January 1, 2011

Language: English

ASIN: B00B7MB216

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #812,300 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #56

inÂ Kindle Store > Kindle eBooks > Medical eBooks > Nursing > Nutrition #67 inÂ Kindle Store >

Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Walking #240 inÂ Books >

Medical Books > Nursing > Medical Nutrition

Customer Reviews

Awesome book. Has logs in the back. Really helps you understand walking is for fitness as well.

Good Read and Lots to Learn.

Average for a fitness walking book. Not very interesting but good book. I used it for a walking class and it was good for it.

I have always enjoyed walking, this product has just given me answers to questions that i have had for a while. Thank you

[Download to continue reading...](#)

Walking for Fun and Fitness (Cengage Learning Activity) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Fitness! (Cengage Learning Activity) Learning: 25 Learning Techniques for Accelerated Learning - Learn Faster by 300%! (Learning, Memory Techniques, Accelerated Learning, Memory, E Learning, ... Learning Techniques, Exam Preparation) The Healthy Heart Walking CD: Walking Workouts For A Lifetime Of Fitness Right Down Your Alley: The Complete Book of Bowling (Cengage Learning Activity) Beginning Racquetball (Cengage Learning Activity) Yoga Games for Children: Fun and Fitness with Postures, Movements and Breath (SmartFun Activity Books) Learn: Cognitive Psychology - How to Learn, Any Skill or Subject in 21 Days! (Learn, Learning Disability, Learning Games, Learning Techniques, Learning ... Learning, Cognitive Science, Study) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Jaw-Dropping Geography: Fun Learning Facts About Bustling Barbados: Illustrated Fun Learning For Kids (Volume 1) Jaw-Dropping Geography: Fun Learning Facts About British History Celts: Illustrated Fun Learning For Kids (Volume 1) Jaw-Dropping Geography: Fun Learning Facts About INTRIGUING IRELAND: Illustrated Fun Learning For Kids (Volume 1) Fun Learning Facts About Mules: Illustrated Fun Learning For Kids (Ninja Kids Book 1) 10,000 Steps: Walking for Weight Loss, Walking for Health: A Turn by Turn Roadmap (Weight Loss Series) Minecraft Labyrinth : Math Activity Book and Coloring Book For Kids : Unique Labyrinths, Geometric Labyrinths and Math Labyrinths: (Unofficial ... (Unique Activity Book) (Volume 2) Ramadan and Fasting Activity Book (Discover Islam Sticker Activity Books) Humphrey's Book of Fun Fun Fun Amazing Minecraft Math: Cool Math Activity Book for Minecrafters (Minecraft Activity Books) (Volume 1) Occupation-Based Activity Analysis (Thomas, Occupation-Based Activity Analysis)

[Dmca](#)