



# The Healthy Heart Walking Tape: 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 "The Healthy Heart Walking Tape", the leading crusader in the fight against heart disease 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 Tape" 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 the illustrated booklet

Here are all the walking tools you need to increase your stamina, ability, and fitness. So whether your idea of a walk is a stroll around the block or ten laps at the track, "The Healthy Heart Walking Tape" will start you on the road to a fit lifestyle.



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### **From reader reviews:**

#### **Odessa Currie:**

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their spare time with their family, or their own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could possibly be reading a book is usually option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to try out look for book, may be the publication untitled The Healthy Heart Walking Tape: Walking Workouts For A Lifetime Of Fitness can be very good book to read. May be it may be best activity to you.

#### **Linda Manuel:**

A lot of people always spent their free time to vacation or maybe go to the outside with them household or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you wish to try to find a new activity that's look different you can read the book. It is really fun to suit your needs. If you enjoy the book that you read you can spent the whole day to reading a publication. The book The Healthy Heart Walking Tape: Walking Workouts For A Lifetime Of Fitness it is very good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. In case you did not have enough space to create this book you can buy the particular e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not very costly but this book provides high quality.

#### **Eric Lowe:**

People live in this new day time of lifestyle always try to and must have the spare time or they will get lot of stress from both everyday life and work. So , when we ask do people have free time, we will say absolutely indeed. People is human not really a huge robot. Then we consult again, what kind of activity do you have when the spare time coming to anyone of course your answer will certainly unlimited right. Then do you try this one, reading textbooks. It can be your alternative with spending your spare time, the book you have read is usually The Healthy Heart Walking Tape: Walking Workouts For A Lifetime Of Fitness.

#### **Verna Riddle:**

This The Healthy Heart Walking Tape: Walking Workouts For A Lifetime Of Fitness is brand-new way for you who has fascination to look for some information as it relief your hunger of information. Getting deeper you upon it getting knowledge more you know or you who still having small amount of digest in reading this The Healthy Heart Walking Tape: Walking Workouts For A Lifetime Of Fitness can be the light food to suit your needs because the information inside this kind of book is easy to get by anyone. These books produce itself in the form that is reachable by anyone, that's why I mean in the e-book type. People who think that in

reserve form make them feel drowsy even dizzy this publication is the answer. So you cannot find any in reading a book especially this one. You can find what you are looking for. It should be here for anyone. So , don't miss the idea! Just read this e-book type for your better life in addition to knowledge.

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