



## Shapewalking: Six Easy Steps to Your Best Body (2nd)

By Marilyn L Bach, Lorie Schleck

Hunter House Publishers. Paperback / softback. Book Condition: new. BRAND NEW, Shapewalking: Six Easy Steps to Your Best Body (2nd), Marilyn L Bach, Lorie Schleck, ShapeWalking goes beyond most fitness walking programs by adding toning and stretching to an aerobic walking regimen. Exercisers use their own body weight and portable exercise bands for strength training to help control weight, develop muscle, and prevent or reverse bone density loss. Addressing people of all fitness levels, the authors discuss getting started, setting attainable goals, achieving a target heart rate, and toning the most common trouble spots. Workouts include an antiosteoporosis workout that strengthens the bones most affected by the disease. Also included are photos demonstrating proper form, charts for keeping track of progress, and safety tips for preventing injuries.



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