

15 Minute



At-Home

**WALKING
WORKOUT**

Walking Workout Discount Tutorial

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Weight Control - U.S. Edition Vincent Antonetti, PhD, 2018-03-06 This critically acclaimed book is an excellent easy to use guide to successful weight loss and life long weight maintenance with in depth chapters on nutrition and exercise The book has many new tables and images and is loaded with Weight Control information not found anywhere else Weight Control U S Edition contains no gimmicks and makes no outrageous claims Rather it provides a basic understanding of weight loss and weight maintenance that you will return to again and again *Precision Heart Rate Training* Ed Burke, 1998 Explains how and why to train with a heart rate monitor Duathlon Training and Racing for Ordinary Mortals (R) Steven

Jonas, 2012-03-06 USA Triathlon the national governing body for multi sport racing is committed to fostering the duathlon as the organization s growth sport With the full backing of USA Triathlon including sections on duathlon history and the forthcoming USA T program for promoting duathlon author Steven Jonas has penned the first modern guide for the aspiring multi sport racer who cannot or simply doesn t want to swim Well known for his original ground breaking book *Triathloning for Ordinary Mortals* which has sold nearly 50 000 copies in two editions and his USA Triathlon Life column *Ordinary Mortals Talking Triathlon* with Steve Jonas the author covers how the run bike run duathlon works how to have fun get and stay fit and promote your health doing duathlons the training principles and programs for races of varying lengths from starting from scratch to Do the Du on a regular basis throughout the season centered on a series of 13 week training programs finding and choosing your races the basic techniques of running cycling and fast walking which can be used on the run legs in both duathlon and triathlon equipment race planning and racing and duathlon as part of a total program for healthy living This book provides a wealth of knowledge and inspiration from a 29 season multi sport racer a prolific author on the subject who is also a physician and professor of preventive medicine **Training the Best Dog Ever** Larry Kay, Dawn

Sylvia-Stasiewicz, 2012-09-25 *Training the Best Dog Ever* originally published in hardcover as *The Love That Dog Training Program* is a book based on love and kindness It features a program of positive reinforcement and no fail techniques that author Dawn Sylvia Stasiewicz used to train the White House dog Bo Obama and each of Senator Ted Kennedy s dogs among countless others *Training the Best Dog Ever* relies on trust and treats not choke collars on bonding not leash yanking or reprimanding The five week training program takes only 10 to 20 minutes of practice a day and works both for puppies and for adult dogs that need to be trained out of bad habits Illustrated with step by step photographs the book covers hand feeding crate and potty training and basic cues sit stay come here as well as more complex goals such as bite inhibition and water safety It shows how to avoid or correct typical behavior problems including jumping barking and leash pulling Plus how to make your dog comfortable in the world a dog that knows how to behave in a vet s office is at ease around strangers and more In other words the best dog ever Clinical Exercise Physiology Jonathan K Ehrman, Paul Gordon, Paul

Visich, Steven J. Keteyian, 2022-04-19 *Clinical Exercise Physiology Fifth Edition* With HKPropel Access is a comprehensive

guide to the clinical aspects of exercise physiology investigating 24 chronic diseases and conditions and addressing a variety of populations The text has been a mainstay in the field since its inception in 2003 and is an ideal resource for students preparing for clinical exercise certifications including those offered by the American College of Sports Medicine ACSM CEP American Council on Exercise Medical Exercise Specialist Canadian Society for Exercise Physiology CSEP CEP and Exercise Sports Science Australia ESSA AEP Clinical Exercise Physiology Fifth Edition employs a logical progression of content to provide greater coverage and depth of diseases than is typically found in most clinical exercise physiology textbooks It examines the effects of exercise on 24 chronic conditions with each chapter covering the epidemiology pathophysiology clinical considerations drug and surgical therapies and exercise testing and prescription issues for the chronic condition Other chapters are devoted to examining exercise related issues for four special populations Each chapter in this fifth edition is revised and updated to include the latest research clinical guidelines and position statements from professional organizations In addition it incorporates the following new elements An upgrade to a full color layout for a more engaging learning experience and enhanced presentation of data New Clinical Exercise Bottom Line sidebars that highlight key information a clinical exercise physiologist needs when working with clinical populations A new chapter on clinical exercise programming that offers detailed recommendations for clinical populations A completely rewritten chapter on spinal cord injury and updates throughout each chapter to reflect the most up to date guidelines and position statements Expanded coverage of clinical exercise physiology certification options In addition to practical application sidebars throughout the text the fifth edition also has related online tools to support student learning Delivered through HKPropel more than 60 case studies are presented in a SOAP note format so students can explore clinical evaluations looking closely at subjective and objective data assessments and plans Discussion questions and interactive key term flash cards foster better understanding and retention while chapter quizzes can be assigned by instructors through the platform to assess student comprehension Clinical Exercise Physiology Fifth Edition offers a contemporary review of the variety of diseases and conditions that students and professionals may encounter in the field New and veteran clinical exercise physiologists alike as well as those preparing for clinical exercise certification exams will appreciate the in depth coverage of the clinical populations that benefit from physical activity and exercise Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

Basic Physical Training Margaret Morris, 2013-10-22 Basic Physical Training explores health and correcting faults of breathing and posture to counteract the lack of natural movement in civilized life This book is composed of two sections encompassing nine chapters which evolved from the method of physical and mental training known as Margaret Morris Movement Part I focuses on the closely inter related practical objective of basic physical training namely the breathing abdominal muscle training feet strengthening posture stretching relaxation joint mobilization and balance Part II discusses the basic mechanism of breathing followed by descriptions of exercises This book will be of value to gymnasts

teachers and people who wish to practice the exercises either for health or as a foundation for more strenuous training

Clinical Pathways in Stroke Rehabilitation Thomas Platz, 2021-01-14 This open access book focuses on practical clinical problems that are frequently encountered in stroke rehabilitation. Consequences of diseases e.g. impairments and activity limitations are addressed in rehabilitation with the overall goal to reduce disability and promote participation. Based on the available best external evidence, clinical pathways are described for stroke rehabilitation, bridging the gap between clinical evidence and clinical decision making. The clinical pathways answer the questions which rehabilitation treatment options are beneficial to overcome specific impairment constellations and activity limitations and are well acceptable to stroke survivors as well as when and in which settings to provide rehabilitation over the course of recovery post stroke. Each chapter starts with a description of the clinical problem encountered. This is followed by a systematic but concise review of the evidence: RCTs, systematic reviews and meta-analyses that is relevant for clinical decision making and comments on assessment, therapy, training, technology, medication and the use of technical aids as appropriate. Based on these summaries, clinical algorithms/pathways are provided and the main clinical decision situations are portrayed. The book is invaluable for all neurorehabilitation team members: clinicians, nurses and therapists in neurology, physical medicine and rehabilitation and related fields. It is a World Federation for NeuroRehabilitation (WFNR) educational initiative bridging the gap between the rapidly expanding clinical research in stroke rehabilitation and clinical practice across societies and continents. It can be used for both clinical decision making for individuals and as well as clinical background knowledge for stroke rehabilitation service development initiatives.

Hal Higdon's Half Marathon Training Higdon, Hal, 2016-03-01 Hal Higdon's Half Marathon Training offers prescriptive programming for all levels of runners. Not only will it help you learn how to get started with your training but it will show you where to focus your attention, when to progress and how to keep it simple.

NSCA's Essentials of Personal Training NSCA - National Strength & Conditioning Association, 2011-10-27 Comprehensive and research-based, the second edition of NSCA's Essentials of Personal Training is the resource to rely on for personal training information and guidance. With state-of-the-art knowledge regarding applied aspects of personal training as well as clear explanations of supporting scientific evidence, NSCA's Essentials of Personal Training, Second Edition is also the authoritative preparation text for those preparing for the National Strength and Conditioning Association's Certified Personal Trainer (NSCA-CPT) exam. This essential reference was developed by the NSCA to present the knowledge, skills and abilities required for personal trainers. With contributions from leading authorities in the field, the text will assist both current and future personal trainers in applying the most current research to the needs of their clients. A discussion on nutrition outlines the role of the personal trainer in establishing nutrition guidelines, including the application of nutrition principles for clients with metabolic concerns. The latest guidelines on client assessment from prominent organizations such as the American Heart Association (AHA) and Centers for Disease Control and Prevention (CDC) keep personal trainers up to speed on the latest

assessment protocols New information is presented on flexibility training and cardiovascular exercise prescription as well as a discussion of research on the effectiveness of stability ball training Revised information on design of resistance training programs incorporates the latest information on the application of periodization of training New information addressing injuries and rehabilitation prepares personal trainers to work with clients with special concerns such as orthopedic conditions low back pain ankle sprains and hip arthroscopy New guidelines for determining resistance training loads will assist those whose clientele includes athletes A variety of fitness testing protocols and norms allows readers to select from several options to evaluate each component of fitness A new instructor guide and image bank aid instructors in teaching the material to students NSCA's Essentials of Personal Training Second Edition focuses on the complex process of designing safe effective and goal specific resistance aerobic plyometric and speed training programs Featuring over 200 full color photos with accompanying technique instructions this resource offers readers a step by step approach to designing exercise programs with special attention to the application of principles based on age fitness level and health status Using comprehensive guidelines and sample clients portrayed in the text readers can learn appropriate ways to adjust exercise programs to work with a variety of clients while accommodating each client's individual needs Personal trainers will appreciate the book's presentation of detailed exercise programming guidelines for specific populations Modifications and contraindications to exercise are given for prepubescent youth older adults and athletes as well as for clients who are overweight or obese or have eating disorders diabetes heart disease hypertension hyperlipidemia spinal cord injury multiple sclerosis and cerebral palsy In addition the book provides clear easy to understand guidelines for initial client consultation and health appraisal For those preparing for the NSCA CPT exam this second edition features new and revised study questions at the end of each chapter These questions are written in the same style and format as those found on the NSCA CPT exam to fully prepare candidates for exam day For efficient self study answers to study questions and suggested solutions for the applied knowledge questions are located in the back of the text Chapter objectives and key points provide a framework for study and review of important information while sidebars throughout the text present practical explanations and applications of scientific concepts and theory The second edition of NSCA's Essentials of Personal Training is the most comprehensive resource available for current and future personal trainers exercise instructors fitness facility and wellness center managers and other fitness professionals Unmatched in scope this text remains the leading source for personal training preparation and professional development

Disability and Motor Behavior Ali S. Brian, Pamela S. Beach, 2023-10-27

Disability and Motor Behavior A Handbook of Research provides the first focused review of research and scholarship pertaining to individuals with disabilities across motor behavior related disciplines e.g. motor learning motor control motor development The book consists of 15 chapters that highlight current research trends future research directions and practical implications spanning different types of disability The book takes a holistic view toward motor behavior among persons with

disabilities from an empirical perspective This book is written at a level appropriate for graduate students and researchers and will be the first book to provide in depth discussions about research and scholarship across motor behavior Exercise training and testing in patients with heart failure Charlotta Lans, 2020-12-15 Patients with heart failure HF suffer from symptoms such as dyspnea fatigue and reduced quality of life which affect their physical function and often lead to immobilization and poor survival prognosis Exercise training in cardiac rehabilitation should be offered to every patient with HF and can be performed both in a hospital setting and with a home training programme Exercise in patients with HF improves physical function and functional capacity as well as health related quality of life HRQoL and reduces the need for hospital care There are several barriers against participating in exercise based cardiac rehabilitation despite information about its benefits The patient may anticipate not being able to exercise that the exercise would be too hard lives far away or has not been referred Aim The aim of this thesis was to evaluate the effects of exercise in heart failure patients of a one year training programme with hospital based training followed by a home based setting or only home based with special emphasis on peripheral muscle training PMT Furthermore to study frequently used methods for evaluation of the effects i e the 6 minute walk test and instruments for estimating health related quality of life Methods and findings In study I PMT was evaluated and the PMT programme in a hospital setting with equipment and subsequent homebased training with elastic bands was compared with solely home based training over 1 year At follow up every third month duplicated six minute walk test 6MWT and two HRQoL questionnaires were used The walking distance increased significantly after three months in both groups and was maintained thereafter Also HRQoL increased but at different time points In study II PMT was compared with interval training on an ergometer bike free walking Both groups started under supervision of a physiotherapist in a hospital setting for three months and thereafter at home for nine months The same measurements were used as in study I Neither walking distance nor HRQoL changed over the study period However this may be regarded as a positive effect in the light of the known progressive nature of heart failure In study III the 6MWTs from study I and II were used to evaluate the necessity of performing duplicated 6MWTs in follow ups clinically and for research purposes We found that it is sufficient to perform one 6MWT In study IV both 6MWT and HRQoL forms from study I and II were used to investigate the relationship between walking distance and perceived HRQoL in HF patients Patients with shorter walking distance than the group median experienced poorer general HRQoL but not HRQoL related to HF than the higher performing half of the study group There were no longitudinal trends in these relationships Conclusion PMT can be used as an exercise modality in patients with HF both in hospital and at home and may be evaluated with a single 6MWT Shorter walking distance was related to a lower general HRQoL as judged by the patients but there was no significant relation between short walking distance and the HF related HRQoL Individualizing the training programme and methods and offering the choice of exercise modality and the possibility of exercising at home might be a way to increase adherence in cardiac rehabilitation Patienter med hj rtsvikt besv

ras av andfödhet och trötthet vilket påverkar deras fysiska funktion och ofta leder till immobilisering nedsatt livskvalitet och dålig prognos. Träning inom hjärtrehabilitering bör erbjudas alla patienter med hjärtsvikt och kan utföras såväl på sjukhus som hemma med hemträningsprogram. Träning vid hjärtsvikt förbättrar fysisk funktion och funktionell kapacitet och relaterad livskvalitet och minskar behovet av vård på sjukhus. Det finns många barriärer till att delta i hjärtrehabilitering trots information om vinster. Ett exempel är att patienten tror sig inte klara av att träna. Ibland har inte fått remiss från att nämna några. Syfte. Syftet med avhandlingen var att utvärdera effekterna av ett träningsprogram för patienter med hjärtsvikt under 1 år. Träning på sjukhus följt av hemträning eller enbart hemträning. Ett specifikt syfte var att utvärdera perifer muskelträning (PMT) som en möjlig lämplig träningsmetod för hjärtsviktpatienter. Vidare var syftet att utvärdera effekten av sex minuters gångtest och relaterad livskvalitet. Metod och resultat. I studie I utvärderades PMT och jämfördes träning på sjukhus med redskap med efterföljande hemträning med elastiska band med enbart hemträning under 1 år. Vid utvärdering var tredje man användes dubbla sex minuters gångtest och frågeformulär om livskvalitet. Gångsträkan kade signifikant efter träning och höll i sig hela träningsperioden i båda grupperna. Livskvaliteten kade men vid olika tidpunkter. I studie II jämfördes PMT med intervallträning på ergometercykel, promenader. Båda grupperna tränade under ledning av fysioterapeut i tre månader och därefter hemma upp till 1 år. Samma utvärdering som i studie I. Gångsträkan och livskvaliteten ändrade sig inte under studietiden. Det kan dock ses som en positiv effekt eftersom hjärtsviktpatienter vanligen försörjningsverksamhet. I studie III användes gångtesten från studie I och II för att utvärdera om det rådde tvivel om dubbla sex minuters gångtest vid utvärdering. Ingen kliniskt betydelsefull skillnad sågs mellan gångtest ett och två. I studie IV användes både gångtest och livskvalitetsformulär från studie I och II för att undersöka samband mellan gångsträkan och upplevd livskvalitet och om detta samband ändrades med tiden. Patienter med kortare gångsträkan upplevde så småningom relaterad livskvalitet men inte livskvalitet relaterad till hjärtsvikten. Ingen kliniskt signifikant förändring över tid kunde inte påvisas. Konklusion. Perifer muskelträning kan användas som en säker träningsform för patienter med hjärtsvikt både på sjukhus och som hemträning och kan utvärderas med endast ett sex minuters gångtest. Patienter med kortare gångsträkan upplever så småningom livskvalitet vilket faller relativt oberoende av de olika testtidpunkterna.

The Complete Guide to Nordic Walking: 2nd edition Gill Stewart, 2025-02-13. A revised and updated second edition of the popular Complete Guide to Nordic Walking. Nordic walking, a specific technique for walking with poles that is far more effective in burning calories and whole body toning than walking alone, is growing rapidly in the UK and worldwide. The Complete Guide to Nordic Walking 2nd Edition will help you understand everything you need to know about Nordic walking, whether you are a beginner, a more experienced Nordic walking enthusiast or a health and fitness professional. This updated guide dispels all the myths and simply provides advice and information on how to Nordic walk, who, with, where and most importantly, why. Organised into clear sections to help you to find exactly what you are looking for, it is packed with tips, case studies, research, exercise plans and equipment advice. It is the complete manual for Nordic walkers of

all levels This revised second edition includes information about the latest equipment and techniques the most recent research into the benefits of Nordic walking new photographs and case studies updates on the sport s worldwide scene revised advice about the professional use of Nordic walking The Complete Guide to Nordic Walking is endorsed by Nordic Walking UK and includes contributions from experts around the world

Cognitive-Motor Interference in Multi-Tasking Research Karen Zentgraf,Hermann Müller,Eliot Hazeltine,2019-11-20

Integrated Care and Fall Prevention in Active and Healthy Aging Eklund, Patrik,2021-06-25 In today s world healthy aging and a fulfilling lifestyle are important to older members of society with many opting to remain as independent and mobile as possible for as long as possible However elderly individuals tend to have a variety of functional limitations that can increase the likelihood of debilitating falls and injuries Assessments of functionality are very often only performed following an accident which implies a hindsight bias because results do not necessarily reflect pre accidental performance capacities Furthermore these belated measures do little to reduce the likelihood of new falls As such it is imperative that personalized preventative approaches are taken to prevent falls Integrated Care and Fall Prevention in Active and Healthy Aging contains state of the art research and practices related to integrated care fall prevention and aging throughout areas ranging from medical to social aspects of care health economy standards pathways and information scopes practices and guidelines technology etc Covering topics such as active care and healthy aging it is ideal for doctors gerontologists nursing home and long care facility staff scientists researchers students academicians and practitioners working in care pathways involving good practices of fall prevention in home care and community care settings

Foundations of Professional Personal Training Canadian Fitness Professionals Inc.,2022-08-24 Developed and written by canfitpro this third edition of Foundations of Professional Personal Training contains essential information for building a successful career as a personal trainer and preparing for canfitpro s Personal Training Specialist PTS certification

New advances in Rehabilitation of Stroke Xiao Lu,Sheng Li,Xiquan Hu,Hua Yuan,Yue Lan,2024-01-22 Worldwide stroke remains one of the leading causes of death and long term disability with an estimated prevalence of 2 5% The prevalence of people living with the effects of stroke has increased because of the growing aging population As the number of stroke survivors increases so does the demand for function rehabilitation of stroke The goal of conventional rehabilitation is to improve residual function and restore independence but its impact is still limited Novel therapeutic approaches remain urgent and the potential mechanisms underlying these approaches require further exploration Therefore in this Research Topic our goals include 1 to explore novel rehabilitation approaches of stroke in both acute and chronic stages 2 to explore the potential mechanisms underlying novel rehabilitation approaches of stroke 3 to explore different situations and challenges across different countries regarding rehabilitation of stroke 4 to identify ways to further improve the quality of rehabilitation for stroke 5 to identify and remove barriers that limit patients access to appropriate rehabilitation services

Triathlon Training in Four Hours a Week Eric Harr,2003-05-16 A training

program for prospective triathlon athletes with a minimum of running experience covers a different sport in each chapter and offers information on how to tailor a workout for individual needs *Get Fit, Stay Fit* William E Prentice,2015-11-03

Learn how to take control of your own well being You ll find both the motivation and scientific knowledge you need to develop your own personal plan for healthy living and to make physical activity an integral part of that plan You ll also explore the roles of stress management sleep and nutrition in achieving your goals **International Symposium on**

World Ecological Design Fangtian Ying,Ran Wan,Qun Wu,2024-04-15 With the world facing increasingly serious global climate change and resource scarcity issues ecology and the environment have received much attention in recent years As a major factor in human activity design plays an important part in protecting the environment as does the role of digital technology in finding solutions to the pressing problems faced in this regard This book presents the proceedings of ISWED2023 the International Symposium on World Ecological Design held on 17 December 2023 in Guangzhou China Sponsored by the World Eco Design Conference a UN Consultative NGO the conference provides a platform for professionals and researchers from industry and academia to present and discuss recent advances in the field of ecological design This year the conference focused on the four topics of digital technology and health digital technology and transportation digital technology and energy and digital technology and the environment A total of 518 submissions on these topics were received for the conference of which 125 were accepted for presentation and publication here Providing a current overview of research and innovation in ecological design around the world the book will be of interest to all those working in the fields of ecological design and digital technology integration [Walking the Weight Off For Dummies](#) Erin Palinski-Wade,2015-04-15

Get up get moving and walk away the pounds If you re looking to lose weight and get fit *Walking the Weight Off For Dummies* will show you just what to do to walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you ll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you ll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health Figure out the best techniques to avoid injury and achieve your specific fitness goals Dive into nutrition tips for fueling up before and after walks to maintain health Discover how you can fit walking into your life regardless of your age gender and current weight If you ve always wanted to incorporate walking into your routine to boost your health and effectively lose weight *Walking the Weight Off For Dummies* will show you how

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Table of Contents Walking Workout Discount Tutorial

1. Understanding the eBook Walking Workout Discount Tutorial
 - The Rise of Digital Reading Walking Workout Discount Tutorial
 - Advantages of eBooks Over Traditional Books
2. Identifying Walking Workout Discount Tutorial
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Walking Workout Discount Tutorial
 - User-Friendly Interface
4. Exploring eBook Recommendations from Walking Workout Discount Tutorial
 - Personalized Recommendations
 - Walking Workout Discount Tutorial User Reviews and Ratings
 - Walking Workout Discount Tutorial and Bestseller Lists
5. Accessing Walking Workout Discount Tutorial Free and Paid eBooks
 - Walking Workout Discount Tutorial Public Domain eBooks
 - Walking Workout Discount Tutorial eBook Subscription Services
 - Walking Workout Discount Tutorial Budget-Friendly Options
6. Navigating Walking Workout Discount Tutorial eBook Formats

- ePub, PDF, MOBI, and More
- Walking Workout Discount Tutorial Compatibility with Devices
- Walking Workout Discount Tutorial Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Walking Workout Discount Tutorial
 - Highlighting and Note-Taking Walking Workout Discount Tutorial
 - Interactive Elements Walking Workout Discount Tutorial
- 8. Staying Engaged with Walking Workout Discount Tutorial
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Walking Workout Discount Tutorial
- 9. Balancing eBooks and Physical Books Walking Workout Discount Tutorial
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Walking Workout Discount Tutorial
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Walking Workout Discount Tutorial
 - Setting Reading Goals Walking Workout Discount Tutorial
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Walking Workout Discount Tutorial
 - Fact-Checking eBook Content of Walking Workout Discount Tutorial
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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