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Walking for Fitness Lon H. Seiger, James L. Hesson, 1990 *Walking for Fitness* the first college level walking text is an appealing, value-priced book basic to beginners that emphasizes safety and personal fitness.

Outsmart Diabetes Prevention Health Books, 2003 *Walking Fitness Walking for Women* Rippe, Kashiwa, 1987 Weight loss, low impact fitness during pregnancy, aerobic conditioning, muscle tone and stress release program.

The Conservator, 1896 **Adweek's Marketing Week**, 1988 *Therapeutic Gazette* William Brodie, Francis Edward Stewart, John J. Mulheron, Albert Brown Lyons, 1893 **The Book of the Horse** S. Sidney, George Fleming, James Sinclair, William Charles

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