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STRICTLY WALK SLIMMER: WALKING: THE PERFECT OUTDOOR PURSUIT FOR PERPETUAL HEALTH



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. Strictly Walk Slimmer takes a fresh approach to walking: we look at nutrition, including debunking myths about fad diets; we look at walking as a holistic way to exercise and the research into the health benefits of walking. There s more: from foraging to Sophrology (the dynamic relaxation technique that can be used even when...

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- · Authored by Paola Bassanese
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