

Download The Doctors Walking Book How To Walk Your Way To Fitness And Health

Walking is a great form of exercise, the longer the walk the more calories you burn. The harder you walk, the more calories you burn. But just like with any workout program you want to start where you can and progressively work toward taking on more. Get latest on all things healthy with fun workout tips, nutrition information, and medical content. Whether you love yoga, running, strength training, or outdoor adventure, we've got advice to ...10,000 steps a day: Too low? Too high? When you're counting your daily steps, are 10,000 enough for you — or maybe too many? Learn how walking can help improve your health and how to set the right goal. This activity will melt away the pounds, tone your flabby bits and leave you on an emotional high. Yet the form of exercise destined to become the fitness trend of 2007 does not require gym membership or a personal trainer. All you need to do is walk. "Walking is a refreshing alternative to ...