

American Heart Association 

Learn and Live...

The Healthy Heart Walking CD

Includes
an Illustrated
Booklet with
Diary



Walking Workouts for a Lifetime of Fitness

Read by Rita Moreno

AUDIO

The Healthy Heart Walking CD: Walking Workouts For A Lifetime Of Fitness

American Heart Association

stroll your method to future health and healthiness despite your point of fitness, you could enhance your cardiovascular health, weight control, rigidity management, and total overall healthiness via an easy jogging program. within the American center Association's fit middle jogging CD, the best crusader within The Healthy Heart Walking CD: Walking Workouts For A Lifetime Of Fitness the struggle opposed to middle illness and stroke provides whole jogging routines that can assist you get started. Designed to be listened to back and again, everytime you have time for a 30 minutes health walk, The fit center strolling CD includes: • A 30-minute beginner's stroll • A 30-minute intermediate stroll -- for walkers prepared for a quicker speed • unique tune written precisely to American center Association-recommended paces • Easy-to-do stretches and a diary in an illustrated publication

The Healthy Heart Walking CD Walking Workouts For A Lifetime Of Fitness

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