



## Walk It Off: 20 Minutes a Day to Health and Fitness (Plume)

*Suzanne Levine*

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## **Walk It Off: 20 Minutes a Day to Health and Fitness (Plume)** Suzanne Levine

Dr. Levine presents a sound prescription for physical well-being that anyone--young or old, active or out-of-shape--can benefit from using only 20 minutes a day. Advice on beginning health walking, proper clothing and shoes, proven warm-up techniques, and self-motivation are included.

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