



Walking: A Complete Guide To Walking For Fitness Health And Weight Loss

John Stanton

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Walking is something most of us do every day – but we should be doing more of it. 63% of Canadians aren't getting the recommended amount of daily exercise, and it's adding up: heart disease, obesity, and high blood pressure are all on the rise. But something as simple as taking a few extra steps a day can make a huge difference: moving more leads to more energy, improved sleep quality, and better heart health. And John Stanton knows how to get people moving. As the founder and president of Walking/Running Room, North America's largest chain of special stores for walkers and runners, he has inspired people across the nation to develop healthier lifestyles one step at a time. *Walking: A Complete Guide to Walking for Fitness, Health, and Weight Loss* is the perfect companion for your own journey to good health. With three program categories to fit every type of activity level, from non-walkers to avid walkers, there is a program in here for you. In this comprehensive guide, you'll learn how to: * Set realistic goals * Design your own training program * Find the level of walking that's right for you * Choose the best shoes and walking wear for your needs * Prevent and treat common injuries * Enhance your walking with optimum nutrition Let John Stanton show you the way to a healthier, happier lifestyle... one step at a time.

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