

Walking and Jogging for Health and Wellness (Cengage Learning Activities)

By Frank Rosato

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Review

1. Physical Fitness: An Overview. 2. Getting Started. 3. Walking and Jogging for Health and Fitness. 4. Prevention and Treatment of Walking and Jogging Injuries. 5. Physiological Adaptations of Walking and Jogging. 6. Nutrition for Active People. 7. Reducing the Risk of Selected Diseases Through Exercise.

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