

The Doctor's Walking Book; How To Walk Your Way To Fitness And Health By Fred A. Stutman;Lillian Africano

By Fred A. Stutman;Lillian Africano

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Jun 03, 2014 The U.S. Surgeon General recommends at least 30 minutes of moderate physical activity (walking, bicycling, yard work) on 5 or more days each week.¹ Walking

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