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Strictly Walk Slimmer: Walking: The Perfect Outdoor Pursuit for Perpetual Health (Paperback)

By Paola Bassanese

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm.

Language: English . Brand New Book ***** Print on Demand

*****.Strictly Walk Slimmer takes a fresh approach to walking: we look at nutrition, including debunking myths about fad diets; we look at walking as a holistic way to exercise and the research into the health benefits of walking. There s more: from foraging to Sophrology (the dynamic relaxation technique that can be used even when walking), the book contains interviews with experts to provide an overview of how walking can help us stay healthy in the long term. Featuring interviews with: Dominique Antiglio of BeSophro Tracey Cox Joanna Hall of Walkactive Angelique Panagos of Angelique Panagos Nutrition John Resten of Forage London Dominique Antiglio: learning to have stillness in action. Tracey Cox: Walking is one of the best exercises around and keeps your mood nice and elevated for hours afterwards. Joanna Hall: the Walkactive System creates a smooth flowing anti ageing movement quality which creates fluid effortless motion Angelique Panagos: fat doesn t make you fat, sugar does. And sugar is the wrinkle monster John Rensten: foraging is a quiet, careful, sense stimulating treasure hunt.



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Reviews

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