



Walking for Fitness, Pleasure and Health: A complete guide for women of all ages

Helen Vause

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Walking is one of the most popular fitness and recreational activities for people of all ages, and medical experts have endorsed it as a way of improving health and well-being and prolonging life. Women in particular have taken to it in large numbers, for a variety of reasons: to encourage weight loss, for general fitness, for social reasons or to achieve a goal. 'Walking for Fitness, Pleasure and Health' is designed to meet the needs of all women who want to know the basics of walking: how to start walking, how far to walk, what clothing and shoes are needed, how to walk with children. Useful information on everything from motivation, weight loss and nutrition to pedometers, coping with injuries and training for events is given in a simple and non-technical way. In the final chapter, the author offers a selection of famous walks worldwide to which the walker might aspire. A long-time walker herself, Helen Vause has drawn on the expertise of medical specialists and nutritionists to provide the most up-to-date information on what works best for women. She has also worked with four-times World Open squash champion Dame Susan Devoy, who founded the support and information organisation Wonder Walkers (www.wonderwalkers.co.nz), the one-stop shop for women and walking.

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