

[PDF] Walking To Improve Health

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Books Details:

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Author:

Released: 0000-00-00

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Description:

Your author, Dr. Jon Schiller, decided to write this book about walking defects and how to walk normally again after noticing that his daily 3 mile fast walk was not so fast anymore.

The 3 mile walk, which normally took $\frac{3}{4}$ hour, began to take 1+1/2 hour. In other words he was walking 2 miles/hour instead of 4 miles /hour.

He was normally a faster walker than his wife. She became a faster walker after he noted the walking defect.

After following the concepts in this book the author and his wife were able to walk 4 miles daily in 1 hour and 30 minutes

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