



## Fitness Walking for Women

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# **Fitness Walking for Women**

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## **Fitness Walking for Women** Rippe

For the millions of women each year who face recovery from surgery, for women who hate exercise or don't have the time, and for sportswomen ready for a new challenge, this fact-filled book with day-by-day walking programs for every fitness level is ideal. More than 40 photographs and line drawings.

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