



The Healthy Heart Walking Book

The American Heart Association

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Walk your way to health and well-being! Regardless of your level of fitness, you can improve your cardiovascular health, weight control, stress management, and overall well-being through a simple walking program. In the American Heart Association's The Healthy Heart Walking Book, the leading crusader in the fight against heart disease tells you all you need to get started. Simple quizzes help you assess your fitness level and determine your short- and long-range goals, as well as your personal fitness barriers. Throughout the book, you'll find tips on:

- Choosing the right shoes
- Eating right
- Trying new posture and breathing techniques
- Stretching to warm up and cool down
- Increasing your walking speed and endurance
- Keeping yourself motivated
- Charting your progress, new ideas, and future goals in a special fill-in diary

Here are all the walking tools you need to increase your stamina, ability, and fitness. So whether your idea of a walk is a stroll around the block or ten laps at the track, The Healthy Heart Walking Book will start you on the road to a fit lifestyle.

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