



## The Healthy Heart Walking CD: Walking Workouts For A Lifetime Of Fitness

*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 *Healthy Heart Walking CD*, the leading crusader in the fight against heart disease and stroke presents two complete walking workouts to help you get started.

Designed to be listened to again and again, whenever you have time for a half-hour fitness walk, *The Healthy Heart Walking CD* includes:

- A 30-minute beginner's walk
- A 30-minute intermediate walk -- for walkers ready for a faster pace
- Original music written exactly to American Heart Association-recommended paces
- Easy-to-do stretches and a diary in an illustrated booklet



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