



# The Complete Idiot's Guide to Walking For Health

*Erika Peters*

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# The Complete Idiot's Guide to Walking For Health

*Erika Peters*

## **The Complete Idiot's Guide to Walking For Health** Erika Peters

You're no idiot, of course. You've been meaning to get on track to a happier, healthier life, and you've heard that walking burns the same amount of calories as jogging. But your path, while paved with good intentions, is also filled with roadblocks-like too little energy, or too many unwholesome distractions ...Lace up your sneakers! The Complete Idiot's Guide® to Walking for Health will help you develop a walking program and be with you every step of the way. In this Complete Idiot's Guide®, you get: \* Simple steps to figure out your waist-to-hip ratio and fitness level. \* Easy ways to stay motivated and energetic. \* Time-saving tips on incorporating walking workouts into your busy life. \* Expert advice on how walking helps you age gracefully.

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