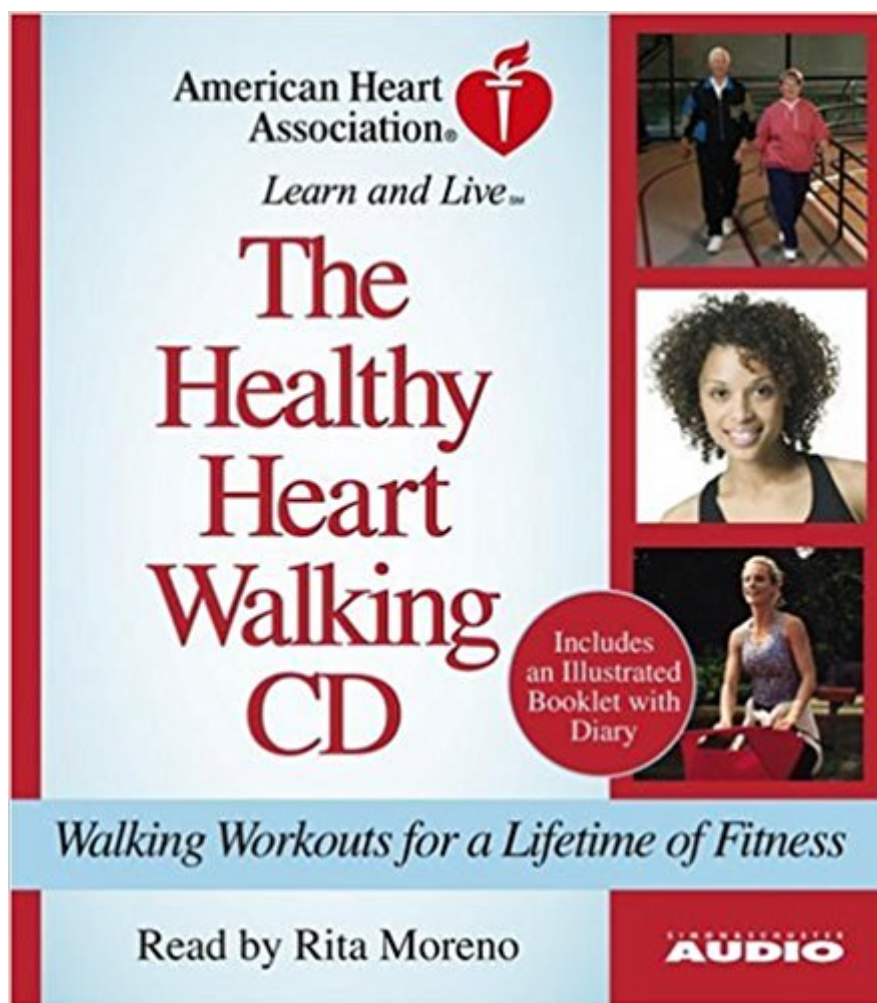


The book was found

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



Synopsis

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

Book Information

Audio CD: 1 pages

Publisher: Simon & Schuster Audio; Unabridged edition (October 1, 2004)

Language: English

ISBN-10: 0743539494

ISBN-13: 978-0743539494

Product Dimensions: 4.8 x 0.4 x 6.1 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 23 customer reviews

Best Sellers Rank: #1,348,744 in Books (See Top 100 in Books) #76 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association](#) #131 in [Books > Books on CD > Sports & Outdoors](#) #430 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Walking](#)

Customer Reviews

worn out two "cassette tapes" of this already! Love the sequence of how the tempo raises to get you moving and also the little tips that Rita Moreno gives out. All round a great walking tape. Now that I have a treadmill that also has incline, it works out perfect on those crappy winter days!

I love the music on this cd and have copied it over to my MP3 player now. I don't get to walk as often as I like, but the music is soothing and Rita Marano's voice is not irritating like a lot of the work out guru's. I know you have to like this kind of music to begin with, but I found that the beat was easy to walk to and it keeps you on track with the pace.

Item as described

Too slow for me (I'm 50), but I DO like it when Rita tells you you're half-way done and it's time to turn around.

I liked that the CD takes you half way and then turns you around to go back home. The other CD I have is more for a walk around a track. I like that one better.

This is a great cd to start your walking program. As you walk to very good music you will hear interesting facts about walking and also helpful hints to make your walking experience better.

I do a lot of indoor walking for exercise, and this CD is a very good one to listen to while walking.

not fast enough for me.

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The Healthy Heart Walking CD: Walking Workouts For A Lifetime Of Fitness Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat (Abs, Ab Workouts, Healthy Living Tips) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) CrossFit Workouts at Home - You can do these 24 workouts anywhere! Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes Mental Toughness Workouts: 30 Workouts To Forge Your Mind & Body To Greater Heights Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling &

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