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Ying-Ying Zheng



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Walking Fitness Walking for Women Rippe,Kashiwa,1987 Weight loss low impact fitness during pregnancy aerobic conditioning muscle tone and stress release program

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Walking-- for Health, Fitness and Sport Bob Carlson,1996 Walking for Health Fitness and Sport offers comprehensive advice on all aspects of walking guiding both beginners and active fitness walkers toward health and fitness improvement It includes many helpful appendices such as loosening and flexibility exercises and a daily training log

Gary Yanker's Sportwalking Gary Yanker,1987 The latest techniques and training programs for sportwalking your way to fitness

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Ghandi to Kurt Vonnegut Jr have written for the magazine **Shape** ,1996-05 *Billboard* ,1986-03-01 In its 114th year Billboard remains the world s premier weekly music publication and a diverse digital events brand content and data licensing platform Billboard publishes the most trusted charts and offers unrivaled reporting about the latest music video gaming media digital and mobile entertainment issues and trends **Time** Briton Hadden, Henry Robinson Luce, 2001 *Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness* Mark Fenton, 2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit **YMCA Walk Reebok Instructor's Manual** ,1996 Recent Advances in Intelligent Assistive Technologies: Paradigms and Applications Hariton Costin, Björn Schuller, Adina Magda Florea, 2019-11-07 This book illustrates the rapid pace of development in intelligent assistive technology in recent years and highlights some salient examples of using modern IT C technologies to provide devices systems and application software for persons with certain motor or cognitive disabilities The book proposes both theoretical and practical approaches to intelligent assistive and emergent technologies used in healthcare for the elderly and patients with chronic diseases Intelligent assistive technology IAT is currently being introduced and developed worldwide as an important tool for maintaining independence and high quality of life among community living people with certain disabilities and as a key enabler for the aging population The book offers a valuable resource for students at technical medical and general universities but also for specialists working in various fields in which emergent technologies are being used to help people enjoy optimal quality of life *Good Housekeeping* ,1920 Walk It Off! Mark Fenton, 2002 *Personal Training* Jennifer Wade, 1998 These innovative programs are so individualized you ll feel as if they were developed with you in mind Whatever your body lifestyle or fitness goal there s something here for you Paperbound Books in Print ,1992 *An Annotated Bibliography of Race Walking and Related Subjects, with Particular Reference to the Young Athlete* Denis Strangman, 1990 **JCPenney [catalog]**. ,2006

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