

20-MINUTE

WALKING WORKOUT



Walking Workout Today Setup

Annelies Wilder-Smith



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Tai Chi Indoor Walking for Seniors Lily Yu Chen ,2026-01-15 IMPROVE YOUR BALANCE AND STOP THE FEAR OF FALLING ALL FROM THE SAFETY OF YOUR LIVING ROOM Are you looking for a safe gentle way to regain your strength without going to a gym Do you worry that your shuffling walk is putting you at risk of a fall You are not alone Millions of seniors want to stay active but find traditional workouts too fast too hard on their joints or simply unsafe The solution isn t to stop moving it is to move smarter In Tai Chi Indoor Walking for Seniors certified mobility specialist Lily Yu Chen combines the ancient flowing movements of Tai Chi with modern stability science This isn t just an exercise book it is a complete fall prevention guide designed to help you reclaim your independence in just 10 minutes a day WHY THIS BOOK IS ESSENTIAL FOR YOUR HEALTH Unlike generic fitness guides this program requires no equipment and no large spaces It is perfect for Android tablet users who want to prop up their device and follow along at home INSIDE THIS 28 DAY PROGRAM YOU WILL LEARN The Heel to Toe Technique A simple walking adjustment that instantly reduces your risk of tripping Joint Friendly Movements Low impact exercises specifically designed for arthritis knee pain and stiff hips The Golden Thread Posture A mental visualization to fix your posture and reduce back pain immediately Emergency Balance Drills Exactly what to do if you feel a wobble so you can recover safely Breathwork for Anxiety Calm your nervous system and lower your blood pressure while you move DESIGNED FOR BEGINNERS SENIORS OVER 60 Whether you are recovering from an injury managing osteoporosis or simply want to keep up with your grandchildren this book meets you where you are Large Print Format Easy to read on all devices Fully Illustrated Clear visuals for every single step Video Companion Included Scan the QR code inside to watch every movement demonstration perfect for casting to your TV TAKE THE FIRST STEP TOWARD FREEDOM Don t let the fear of falling shrink your world You have the power to build strength confidence and stability one gentle step at a time Download Tai Chi Indoor Walking for Seniors today and start your journey to a stronger steadier you **Body Voice Imagination** David G. Zinder,2002 The beginning actor will find here the tools to prepare for a life on stage and the experienced performer will appreciate techniques that will turn good performances into great ones Newsletter ,1985 Y's Way to Fitness Walking June Irene Decker,Georgia Orcutt,Patricia Sammann,1989 Walk, Jog, Run, for Wellness Patricia A. Floyd,Janet E. Parke,1990 **Body Voice Imagination** David Zinder,2013-10-15 First published in 2008 Routledge is an imprint of Taylor Francis an informa company **Men's Health Today 1999** Michael Lafavore,1999 *The Complete Guide to Walking for Health, Weight Loss, and Fitness* Mark Fenton,2007 *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 **McCall's** ,2000 *Walking Medicine* Gary Yanker,Kathy Burton,1990 Recommends the health benefits of walking describes walking programs for people of different ages and different health concerns and discusses shoes and foot problems **How shall I**

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