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Running & Walking For Women Over 40 Kathrine Switzer, 2014-02-04 A fun easy and economical route to fitness and health This book will give women everywhere the guidance they need Grete Waitz nine time winner of the New York City Marathon Women s fitness pioneer Kathrine Switzer has been on her feet for over fifty years She knows how running or walking is the fastest easiest and least expensive road to fitness for women of any age For women over forty in particular it s vital to fit an exercise regimen into their busy lives and ensure they can stay active and healthy for many years to come No matter how inexperienced or old you are Switzer will guide and ease you into a new exercise schedule making the time you give yourself the best part of your day and your future life Recommendations for shoes clothing injury prevention nutrition motivation and finding the time in your life will keep you exercising safely and comfortably For women over forty Switzer s expert running and walking programs are specifically designed for you enabling you to keep healthy and enjoy life to the fullest for decades to come For many over forty women this book will be a passport to the best years of their lives Joan Benoit Samuelson Olympic gold medalist and US marathon record holder *Walk-over Shoe Prints* Keith, Geo, E., Company, 1929 Federal Register ,2012-11 **The University of Michigan Library Newsletter** ,2001 **Room Saver** ,2007 **New York Magazine** ,1989-02-13 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea *Michigan Living* ,1993 **Weekly World News** ,1981-09-22 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **NJ Audubon** ,1999 **Harper's Weekly** John Bonner, George William Curtis, Henry Mills Alden, Samuel Stillman Conant, Montgomery Schuyler, John Foord, Richard Harding Davis, Carl Schurz, Henry Loomis Nelson, John Kendrick Bangs, George Brinton McClellan Harvey, Norman Hapgood, 1875 *The Mentor* ,1923 **Mentor-World Traveler** ,1924 The Mentor-world Traveler ,1923 **Western Farmer** ,1927 **Shoe Retailer and Boots and Shoes Weekly** ,1905 **Everygirl's Magazine ...** Rowe Wright, C Francis Loomis, Marta K. Sironen, 1923 *Shoe and Leather Reporter* ,1918 **American Illustrated Magazine** ,1924 **Popular Science Monthly** ,1919 **Journal of the New York State Teachers' Association** ,1914

Walking Workout Discount Open Now Book Review: Unveiling the Power of Words

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