

Tunturi Stepper 500

Dan R. Harris

Tunturi Stepper 500:

Fitness and Exercise Sourcebook Dan R. Harris, 1996 Physical fitness is often defined as the ability to perform typical activities and chores such as raking leaves or cleaning windows without getting fatigued Achieving this level of fitness requires a regimen of moderate aerobic activity such as walking cycling swimming or jogging for only 20 to 30 minutes 3 or 4 days a week Currently only one fourth of the U S population is engaged in light to moderate physical activity This statistic is alarming since research has shown that physical activity is linked to reducing risk of chronic diseases such as diabetes cancer and heart disease now the leading causes of death in the United States The Fitness and Exercise Sourcebook provides the layperson with the latest information regarding physical activity and its benefits to healthy living Consumers Index to Product Evaluations and Information Sources Pierian Press, 1996-03 Consumers Index to Product Evaluations and Information Sources ,1998 **Human Resource Executive** ,1995 New York Magazine ,1991-06-03 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and guickly 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 $\Pi\Pi$ $\Pi\Pi$, **Consumers Digest** New York Magazine ,1991-05-06 New York magazine was born in 1968 after a run as an **New York** ,1991-06 ,2001 insert of the New York Herald Tribune and guickly 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 Corporate Technology Directory ,1988

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