

The background of the top half of the cover features a dark blue gradient with faint, light blue silhouettes of two people walking, one slightly ahead of the other, suggesting a walking exercise program.

WALKING MEDICINE

THE LIFETIME GUIDE TO
PREVENTIVE & THERAPEUTIC
EXERCISEWALKING PROGRAMS

—FOR—

- CARDIOVASCULAR AND RESPIRATORY CONDITIONS
- ARTHRITIS, BACK AND JOINT PAIN • WEIGHT CONTROL
- STRESS, MOOD AND ENERGY PROBLEMS
- PODIATRIC DIFFICULTIES
- NEUROLOGICAL AND GERIATRIC PROBLEMS

GARY YANKER &
KATHY BURTON

—WITH A TEAM OF 50 MEDICAL EXPERTS—

Walking Medicine The Lifetime Guide To Preventive And Therapeutic Exercisewalking Programs

Alan M. Rees



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