

The background of the top half of the cover features the dark silhouettes of two people walking, one slightly ahead of the other, against a lighter blue gradient.

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
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GARY YANKER &
KATHY BURTON

—WITH A TEAM OF 50 MEDICAL EXPERTS—

Walking Medicine The Lifetime Guide To Preventive And Therapeutic Exercisewalking Programs

Gary Yanker, Kathy Burton



Walking Medicine The Lifetime Guide To Preventive And Therapeutic Exercisewalking Programs:

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