

The background of the top half of the cover features the dark silhouettes of several people walking, suggesting a group exercise or walking program. The silhouettes are set against a lighter blue background that blends into the dark blue of the rest of the cover.

WALKING MEDICINE

THE LIFETIME GUIDE TO
PREVENTIVE & THERAPEUTIC
EXERCISEWALKING PROGRAMS

—FOR—

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- 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

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