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CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

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Trimline 2200 Treadmill Manual

Dan R. Harris



Trimline 2200 Treadmill Manual:

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

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