



## Walking

By Sam Murphy

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Walking, Sam Murphy, Get Fit:Walking is the essential practical handbook that no new walker should be without. Whether you want to walk for pleasure, to discover the walking routes your town or nearby countryside has to offer or simply to get fit and lose weight, walking offers you a great way to get around and improve your level of health and well-being. Whatever your motivation, this handy pocket-sized book offers all the practical advice you need to get started, including: advice on buying the right shoes and kit; city and countryside walking; safety; training programmes for all levels of fitness; nutrition and meal planner advice. Get Fit: Walking provides you with a complete fitness and weight loss programme, suitable for beginners as well as anyone looking for an easy-to-follow exercise programme.

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