

How to Create a Healthy Walking Program: 7 Helpful Reports with Tips on Stretching, Walking, Meditation, and Motivation

by

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Synopsis

Stretching before and after each time you walk is just as important as the walk itself. It is also important to wear the proper clothing and good quality shoes. Here are 7 tips on how to make your walking program more effective. You will learn: Why and how you should stretch before any physical activity How to make your stretching program effective How to make your walking exercise effective How to meditate while walking How to stay motivated in a walking program How to keep you effectively motivated to walk What you should consider when you buy your next pair of shoes

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