



Shapewalking: Six Easy Steps to a Healthier Life

Marilyn Bach Ph.D., Lorie Schleck

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This easy, low-cost program is a total fitness package, including aerobic/heart-healthy exercise, strength training, and stretching. Written as your own personal trainer, ShapeWalking comes complete with easy-to-follow workout choices, progress charts, and 191 photos to accompany each and every exercise.

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