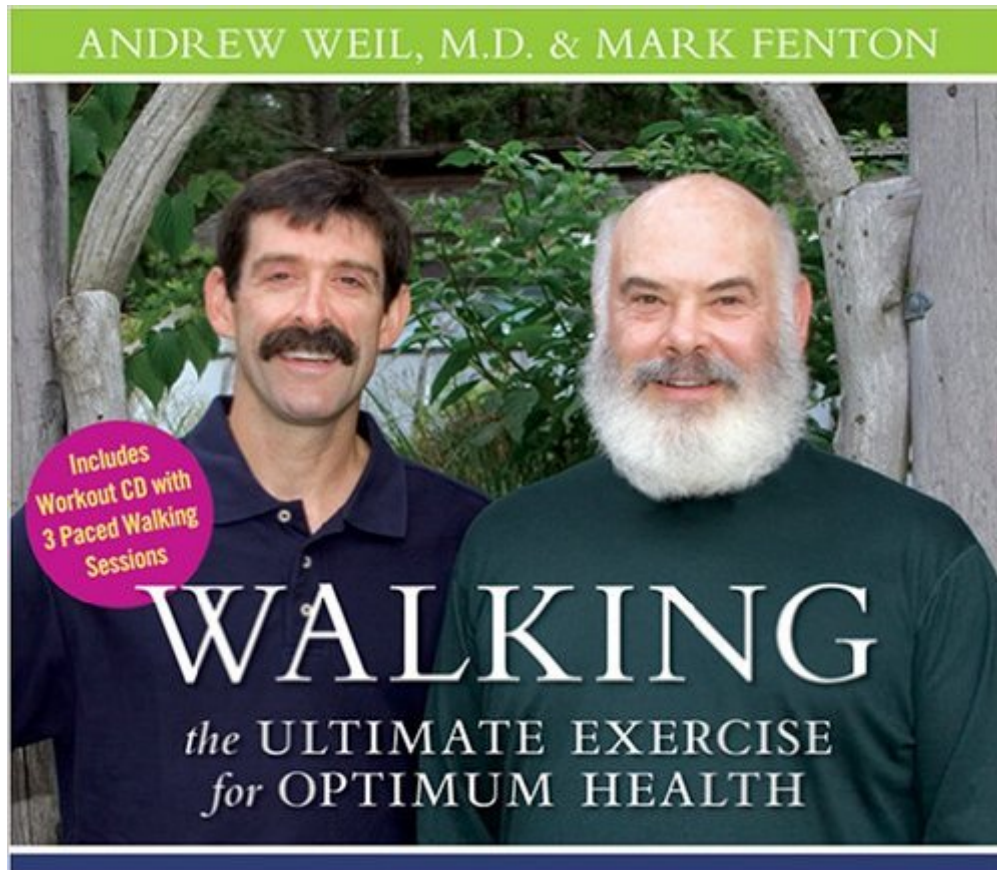


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Walking: The Ultimate Exercise For Optimum Health



Synopsis

Two Experts Set the Pace for Optimum Health with This Take-Anywhere Walking Workout Session. Andrew Weil, M.D. & Mark Fenton. Most of us enjoy walking, but not everyone knows how to turn this simple exercise into one of the most powerful self-healing tools known to medicine. On Walking: The Secret to Optimum Health, Dr. Andrew Weil joins Mark Fenton, the nation's foremost expert on walking, for an invigorating 2-CD program that gives listeners all the tools needed to begin a daily walking practice. On Part One, Dr. Weil and Mark Fenton explain the proven ways in which walking helps you look and feel younger, reduce stress, improve immune function, achieve your ideal weight, and more. On Part Two, listeners get walking with a fully programmable workout that features two warm-up options and five intensifying sessions, paced by cadence cues and motivating tips for each phase.

Book Information

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Customer Reviews

Nothing fancy, but for my purposes, this DVD is just about perfect. The introductory informative remarks by Andrew Weil and Mark Fenton make an excellent and motivating case for the benefits of walking and give practical suggestions. Mark Fenton makes a strong case that regular walking is virtually a "silver bullet" for maintaining good health. (Of course, there are other factors, such as diet, stress management, etc., but as one single thing that will set you on a path toward health, Fenton and Weil make a convincing and motivating argument.) Even as little as 10 minutes a day can make a significant difference! A half hour is better and doesn't have to be a consecutive half hour; you can spread it throughout the day. Weil and Fenton place this issue of walking in the context of

maintaining overall health and in the social context of our society, with its reliance on cars and encouragement of a sedentary way of life. They make the case that even a little bit of moderate walking is already an important step in the right direction and how the simple act of walking regularly can initiate social as well as personal changes. Mark Fenton gives some suggestions about posture, etc., that are simple enough to be following easily and make a noticeable difference in my enjoyment of walking. I also like that the program is flexible. The stretching exercises before and after really add to a sense of well-being during and after a walk--and I like the option of shorter and longer stretching sequences. (The DVD comes with a booklet with photos demonstrating the stretches.) I like the simple format with three different paces: a health walking pace, a good, moderate, active pace, a weight loss pace, more strenuous, and finally a really active, workout aerobic pace.

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