

# RACEWALK TO FITNESS

**The sensible alternative  
to jogging and running**

"Racewalking is a sensible alternative to jogging and running. It's a great way to stay fit and healthy without putting too much stress on your joints." —Dr. Michael T. Brumley

Dr. Michael T. Brumley



# Racewalk To Fitness The Sensible Alternative To Jogging And Running

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**Racewalk to Fitness** Howard Jacobson,1980-01-01    **Racewalk to Fitness** Howard Jacobson,1980    Library Journal,1980 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately    **The Publishers Weekly**,1980    *Handbook of American Popular Culture* M. Thomas Inge,1989    *The Outdoor Woman* Patricia F. Hubbard,Stan Wass,1992 How you can incorporate exciting outdoor experiences into your busy life    **Library Journal Book Review 1980** Jaques Cattell Press,1983-06    Prevention,1988    Current Book Review Citations,1983    *Library of Congress Catalogs* Library of Congress,1981    **Women's Sports**,1981    **An Annotated Bibliography of Race Walking and Related Subjects, with Particular Reference to the Young Athlete** Denis Strangman,1990    **Subject Catalog** Library of Congress,

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