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PACEWALKING

The Balanced Way to Aerobic Health

Super Value

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Steven Jonas, M.D.,
and Peter Radetsky

Pacewalking The Balanced Way To Aerobic Health

Lon H. Seiger, James L. Hesson



Pacewalking The Balanced Way To Aerobic Health:

PaceWalking Steven Jonas, Peter Radetsky, 1988 Daily and weekly programs for walkers at every level with warm up routines and tips on equipment and clothing

ACSM's Exercise is Medicine™ Steven Jonas, Edward M. Phillips, 2012-03-29 Exercise is Medicine™ is an American College of Sports Medicine initiative to make physical activity and exercise a standard part of a disease prevention and treatment medical paradigm This book will teach practitioners how to motivate and instruct patients on the importance of exercise and how to design practical exercise programs for patients of all ages and fitness levels as well as those with special conditions such as pregnancy obesity and cancer Coverage includes in depth discussions of both the lifestyle exercise approach to exercising regularly and the structured exercise approach

Kiplinger's Personal Finance, 1988-09 The most trustworthy source of information available today on savings and investments taxes money management home ownership and many other personal finance topics

Triathloning for Ordinary Mortals Steven Jonas, 1999 The explosion of interest in physical fitness that has sent Americans running bicycling and swimming by the tens of thousands now extends to the fitness competition that combines all three triathloning Steven Jonas a former nonathlete who began endurance sports in middle age offers an accessible program for anyone from beginner to experienced jogger Dr Jonas's own experiences are the basis of this user friendly book directed to the person who wants to do more than just run He sets forth basic recommendations on equipment necessary for triathloning and outlines a three phased training program that will take the untrained beginner to a state of fitness where he or she can complete a triathlon of moderate distance The book includes a chapter on nutrition and a stretching program Dr Jonas has revised and updated the work to include information on how to run longer races how to train for the increasingly popular duathlon run bike run and new tips from his further fifteen years of experience Techniques fitness training equipment nutrition pre race the race itself a readable introduction for the aspiring recreational triathlete A new chapter on duathlons and how to run longer races and updated appendixes on the latest magazines and books of interest to triathlons Dr Steven Jonas has participated in 100 multi sports events

Duathlon Training and Racing for Ordinary Mortals (R) Steven Jonas, 2012-03-06 USA Triathlon the national governing body for multi sport racing is committed to fostering the duathlon as the organization's growth sport With the full backing of USA Triathlon including sections on duathlon history and the forthcoming USA T program for promoting duathlon author Steven Jonas has penned the first modern guide for the aspiring multi sport racer who cannot or simply doesn't want to swim Well known for his original ground breaking book Triathloning for Ordinary Mortals which has sold nearly 50 000 copies in two editions and his USA Triathlon Life column Ordinary Mortals Talking Triathlon with Steve Jonas the author covers how the run bike run duathlon works how to have fun get and stay fit and promote your health doing duathlons the training principles and programs for races of varying lengths from starting from scratch to Doing the Du on a regular basis throughout the season centered on a series of 13 week training programs finding

and choosing your races the basic techniques of running cycling and fast walking which can be used on the run legs in both duathlon and triathlon equipment race planning and racing and duathlon as part of a total program for healthy living This book provides a wealth of knowledge and inspiration from a 29 season multi sport racer a prolific author on the subject who is also a physician and professor of preventive medicine **Living Long & Loving It** Irvin M. Korr, Ph.D,2010-12-30 Dr Korr explains with enthusiasm and great clarity how any reader can through a holistic approach to health and applying scientifically based osteopathic principles improve quality of life and promote successful aging **The I Don't Eat (but I Can't Lose) Weight Loss Program** Steven Jonas,Virginia Aronsen,1989 Dr Jonas nutrition plan and fat substitution recipes let readers eat the foods they crave by limiting fat not calories The exercise program measured in minutes not miles fits into any busy life style **Take Control of Your Weight** Steven Jonas,1993 Dr Steven Jonas first explains the metabolic reasons why gimmick diets not only fail but actually contribute to overweight then suggests strategies for making a guilt free realistic self assessment finding which of four major pathways led to your overweight selecting the correct pathway down to weight loss and achieving your own goal setting and motivation Only then does he help you to begin gradually an eating and exercise plan geared to your personal needs Those who are overweight are encouraged to make the right choices and stick with them during the inevitable detours and delays as they re learning about healthy shopping and cooking which are the basis for healthy eating The New Americanism Steven Jonas,1992 *Walking for Health* Lon H. Seiger,James L. Hesson,1990

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