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**DR. JAMES M. RIPPE
AND ANN WARD, PH.D.**
w i t h K a r l a D o u g h e r t y

Rockport Walking Program

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The Complete Idiot's Guide to Walking For Health Erika Peters, 2000-03-01 You're no idiot of course You've been meaning to get on track to a happier healthier life and you've heard that walking burns the same amount of calories as jogging But your path while paved with good intentions is also filled with roadblocks like having too little energy or too many unwholesome distractions Lace up your sneakers *The Complete Idiot's Guide to Walking for Health* will help you develop a walking program and be with you every step of the way In this *Complete Idiot's Guide* you get Simple steps to figure out your waist to hip ratio and fitness level Easy ways to stay motivated and energetic Time saving tips on incorporating walking workouts into your busy life Expert advice on how walking helps you age gracefully **Living with Arthritis** Julie

Barlow, 2009-03-25 *Living with Arthritis* provides an overview of arthritis that is grounded in the realities of living with a long term condition often characterised by pain fatigue physical limitations anxiety or depression Arthritis is one of the most common long term conditions affecting millions of people worldwide The book draws not only on the growing body of literature in psychosocial rheumatology but also on Professor Barlow's own research A substantial section devoted to interventions with a psychological basis **Dr. James M. Rippe's Complete Book of Fitness Walking** James M.

Rippe, 1989 The world's leading expert on walking for fitness has written the most comprehensive book available Special advice on walking for women for people over fifty for injury and cardiac rehabilitation for pregnant women plus walking gear preventing injury motivation stretching hiking nutrition and more Exercise Exchange Program James M. Rippe, 1993-02 The Exercise Exchange Program is for anyone who has ever found diet and fitness programs restrictive regimented dull and just plain ineffective It's a proven and flexible alternative that adds variety and interest to your current plan or helps you create one of your own Dr James M Rippe author of the bestselling *Rockport Walking Program* has developed an innovative concept of nutritional and exercise exchanges that lets you mix and match many different foods and activities as you develop a plan designed to fit your own unique tastes and needs You'll learn The six food categories and how to balance them How to participate in a different activity every day including housework and gardening as well as conventional exercise and still get a complete workout Dr Rippe's complete 30 day exercise and diet program Finally The Exercise Exchange Program includes more than 100 delicious new low fat recipes to get you started on the road to lasting health *Walk, Jog, Run, for Wellness*

Patricia A. Floyd, Janet E. Parke, 1990 **Rockport's Complete Book of Exercise Walking** Gary Yanker, 1983

Increasing Physical Activity: A Practical Guide James M. Rippe, 2020-11-17 Only a fifth of adults in the United States do enough physical activity to meet the guidelines set by Centers for Disease Control The health benefits of regular physical

activity are beyond dispute yet less than 40% of physicians routinely counsel their patients on the importance of physical activity. *Increasing Physical Activity: A Practical Guide* equips healthcare practitioners to include physical activity counseling in the daily practice of medicine. Written by lifestyle medicine pioneer and cardiologist Dr James Rippe, this book proves inactivity is a stronger risk factor than other lifestyle factors for cardiovascular disease, diabetes, and many other diseases. It provides evidence-based information on the role of physical activity in preventing and treating chronic conditions and includes practical strategies for healthcare practitioners to prescribe this powerful method to enhance both short and long-term health and quality of life.

Features: Specific chapters explain the role of physical activity in reduction of risk of heart disease, diabetes, cancer, osteoarthritis, dementia, and many other chronic conditions. Chapters begin with bulleted key points and conclude with a list of clinical applications. Strategies are provided to encourage previously sedentary individuals to adopt regular physical activity. Physical activity is placed in the context of other lifestyle medicine concepts including maintenance of a healthy body weight, following sound nutritional practices, stress reduction, and other practices which impact on health and quality of life.

Written for healthcare practitioners at all levels, this is a user-friendly, evidence-based manual for healthcare practitioners looking to incorporate more physical activity counseling into either general medicine or subspecialty practices.

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