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.....  
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.....

By the authors of  
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COMPLETE BOOK OF  
FITNESS WALKING**

**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

**Anne Hart**



## **Rockport Walking Program:**

*The Rockport Walking Program* James M. Rippe, 1989 Based on research at the Rockport Walking Institute Dr James M Rippe and Ann Ward Ph D present an exciting new approach to health and vitality **WALK The Rockport Walking**

**Program** James M. Rippe, 1992-10-01 **Rockport's Fitness Walking** Robert Sweetgall, James M. Rippe, Frank I.

Katch, 1985 THE ROCKPORT WALKING PROGRAM; BY... AND ANN WARD WITH KARLA DOUGHERTY. James M.

Rippe, 1989 *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 **The Complete Idiot's Guide to Walking For**

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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 Walking for Fitness Lon H. Seiger, James L.

Hesson, 1990 Walking for Fitness the first college level walking text is an appealing value priced book basic to beginners that emphasizes safety and personal fitness **Rockport's Complete Book of Exercise Walking** Gary Yanker, 1983 *High*

*Performance Health* Dr. James Rippe, 2007-05-27 Armed with more than twenty years of research Dr Rippe lays out a 10 step blueprint for mind body spirit wellness For the first time world renowned cardiologist Dr James Rippe in conjunction with Florida Hospital the largest admitting hospital in America reveals to the general public his distinctive 10 step mind body and

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