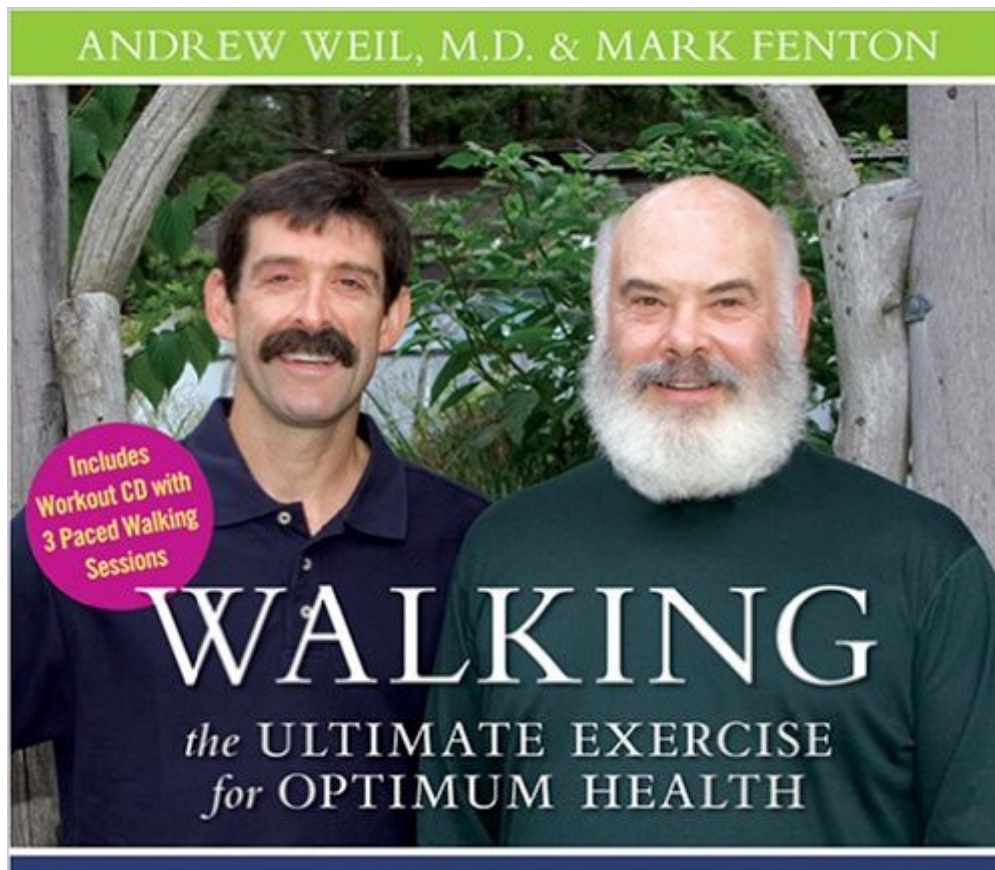


The book was found

# 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

Audio CD: 2 pages

Publisher: Sounds True, Incorporated; Com/Pap/Bk edition (January 2006)

Language: English

ISBN-10: 1591794099

ISBN-13: 978-1591794097

Product Dimensions: 6.7 x 0.5 x 5.2 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 3.1 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,553,109 in Books (See Top 100 in Books) #8 in [Books > Books on CD > Authors, A-Z > \( W \) > Weil, Dr. Andrew](#) #519 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Walking](#) #814 in [Books > Books on CD > Health, Mind & Body > General](#)

## 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.

[Download to continue reading...](#)

Walking: The Ultimate Exercise for Optimum Health ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription (Ascms Resource Manual for Guidlies for Exercise Testing and Prescription) ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic and Hematologic Conditions (Acsms Resources for the Clinical Exercise Physiology) Exercise Every Day: 32 Tactics for Building the Exercise Habit Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being Smoothie Recipe Book: 150 Smoothie Recipes Including Smoothies for Weight Loss and Smoothies for Optimum Health The Everything Juicing Book: All you need to create delicious juices for your optimum health Canine Nutrigenomics: The New Science of Feeding Your Dog for Optimum Health Feline Nutrition: Nutrition for the Optimum Health and Longevity of your Cat ROAR: How to Match Your Food and Fitness to Your Unique Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit Dr. Andrew Weil's Guide to Optimum Health Eating on the Wild Side: The Missing Link to Optimum Health Fitness Information for Teens: Health Tips About Exercise and Active Lifestyles: Including Facts About Healthy Muscles and Bones, Starting and ... Plans, Aerobic Fit (Teen Health Series) Trade Mindfully: Achieve Your Optimum Trading Performance with Mindfulness and Cutting Edge Psychology (Wiley Trading) Constructing Walking Jazz Bass Lines, Book 1: Walking Bass Lines- The Blues in 12 Keys Upright Bass and Electric Bass Method The Walking Dead Book 11 (Walking Dead (12 Stories)) Constructing Walking Jazz Bass Lines - Walking Bass lines : Rhythm changes in 12 keys Bass tab edition How to Start a Dog Walking Business: An Entrepreneur's Guide to Starting

a Successful Dog Walking or Pet Sitting Business ARE YOU RIGHT WITH GOD?: Discover how to be saved and right with God is not as hard as you think! (Walking With God, Walking With Jesus Book 1)

[Dmca](#)