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Let's Get Walking: Fitness Books

Spring is the perfect time for fitness walking. Whether you are walking for fitness or weight loss these books will help you with your goals. Let's get walking!

Books

Active Living Every Day - Steven N. Blair

Your Best Body at 40+: The 4-week Plan to Get Back in Shape--and Stay Fit Forever! - Jeff Csatari.

Mayo Clinic Fitness for Everybody - Diane Dahm

Mall Walking Madness: Everything You Need to Know to Lose Weight and Have Fun at the Same Time - Sara Donovan

Fitness Walking - Therese Iknoian.

The 30-minute Fitness Solution: a Four-step Plan for Women of All Ages - JoAnn Manson

Fitness for Life - Matt Roberts

Walking Yoga: Incorporate Yoga Principles into Dynamic Walking Routines for Physical Health, Mental Peace, and Spiritual Enrichment - Ila Sarley

Philly's Fit-step Walking Diet: Lose 15 lbs., Shape up & Look Younger in 21 Days - Fred A. Stutman, M.D.

Running and Walking for Women over 40: On the Road to Sanity and Vanity - Kathrine Switzer.

The About.com Guide to Getting in Shape: Simple and Fun Exercises to Help You Look and Feel Your Best! - Paige Waehner.

Fit in 5 - Greg Whyte.

Power-of-10: The Once-a-week Slow Motion Fitness Revolution - Adam Zickerman

This list was created by Joyce Servente and added to our website on 4/15/20