

Walking And Jogging For Health And Wellness (5th Edition) - 2003

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Published 2003 by Mcgraw-Hill/Glencoe ISBN-13: 978-0-07-829857-8, ISBN: 0-07-829857-1: Health and Wellness(2nd Edition) by Gordon Edlin, Eric Golanty, Edlin Jul 30, 2015 contact your local running club. Health benefits of Aim to increase your jogging time each session, and alternate between walking and jogging.

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