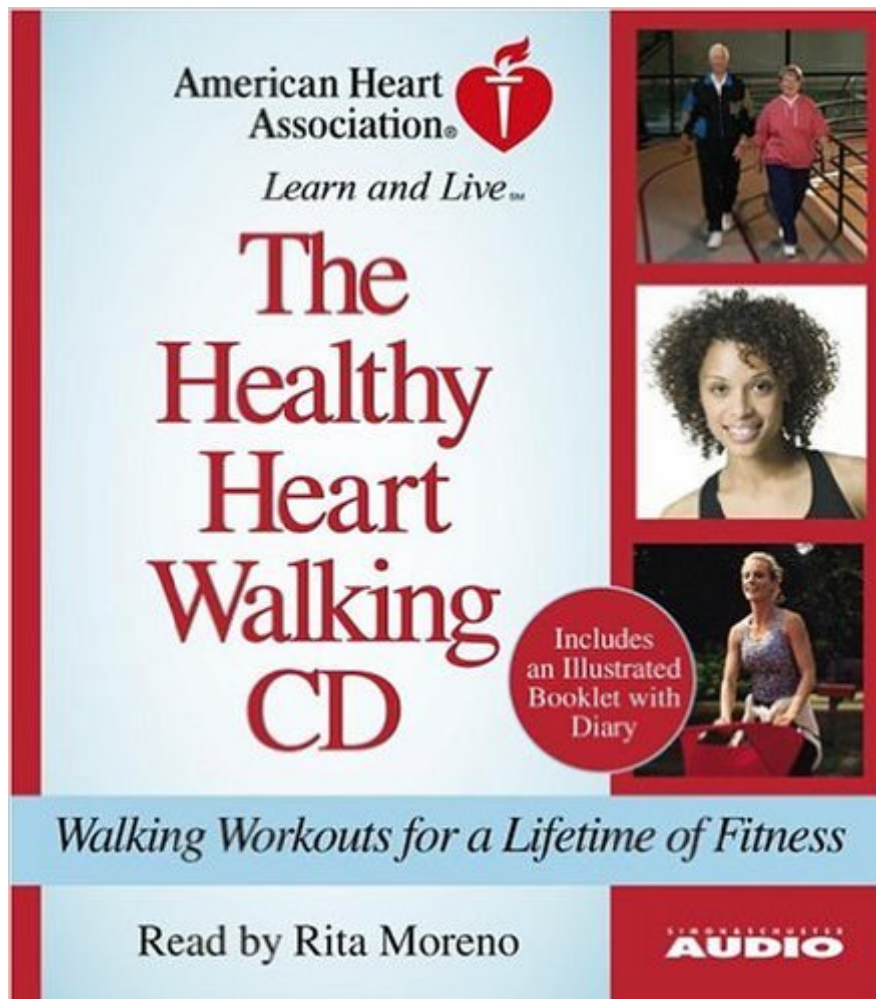


The book was found

The Healthy Heart Walking CD: Walking Workouts For A Lifetime Of Fitness



Synopsis

Walk your Way to Health and Well-Being Regardless of your level of fitness, you can improve your cardiovascular health, weight control, stress management, and overall well-being through a simple walking program. In the American Heart Association's Healthy Heart Walking CD, the leading crusader in the fight against heart disease and stroke presents two complete walking workouts to help you get started. Designed to be listened to again and again, whenever you have time for a half-hour fitness walk, The Healthy Heart Walking CD includes:

- A 30-minute beginner's walk
- A 30-minute intermediate walk -- for walkers ready for a faster pace
- Original music written exactly to American Heart Association-recommended paces
- Easy-to-do stretches and a diary in an illustrated booklet

Book Information

Audio CD: 1 pages

Publisher: Simon & Schuster Audio; Unabridged edition (October 1, 2004)

Language: English

ISBN-10: 0743539494

ISBN-13: 978-0743539494

Product Dimensions: 4.8 x 0.4 x 6.1 inches

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

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (21 customer reviews)

Best Sellers Rank: #1,096,542 in Books (See Top 100 in Books) #59 in [Books > Health, Fitness & Dieting > Diets & Weight Loss > American Heart Association](#) #114 in [Books > Books on CD > Sports & Outdoors](#) #378 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Walking](#)

Customer Reviews

I have a number of walking tapes and CDs and this one is, to me, the best. The music is great and I often find myself dancing while I walk. The selections follow seamlessly so you never miss a beat, and the helpful suggestions, read by Rita Morena, are good. The CD includes a set of stretches and a calendar for keeping track of your progress, and the two programs let you move from Easy to Intermediate. I recommend this to anyone who's looking for a great walking program.

I have many walking tapes, but sometimes I just want the encouragement without all the blather. This CD set a very nice pace, and I found Rita "speaking up" periodically helped to keep me focus when I started to drift off. One advantage to this over my iPod playlist is sometimes the music beat

is too fast, and I'll get so caught up in the increased tempo that I risk straining something. I bought 2 more copies for family members.

I find I get bored easily when out walking, so the Healthy Heart Walking CD seems to keep me focused and gives me a goal to look forward to. I would recommend it as a useful tool for getting out of the house and moving!

I bought this tape based on the reviews. I found there was way too much talking on this tape. It was very annoying and the music was too slow for intermediate walkers ready for a faster pace.

A very well thought out CD. I feel as if there is a coach with me every step of the way.

This cd is worth its weight in gold. It has a great beat for anyone to walk to and is easy to follow. It gives encouragement and actually times the walk out. It's informative and most of all...not boring. The second half of the cd give you something to work towards. It's a great cd.

I need a more pronounced beat in my walking, and music that's easier to listen to, or at least doesn't make me feel like I'm in the elevator going up to see the cardiologist instead of trying to postpone the visit for a few years.

I just purchased my 2nd copy of this walking CD as a gift. I walk 5-6 days a week and never get bored with this music. The beat of the music in the background helps me to keep a steady pace, up the hills or on the level.

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Living Tips) One-Hour Workouts: 50 Swim, Bike, and Run Workouts for Busy Athletes Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) The Cardiac Recovery Cookbook: Heart Healthy Recipes for Life After Heart Attack or Heart Surgery The Men's Fitness Exercise Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever! Mental Fitness: Complete Workouts For Body, Mind, And Soul The Trainer's Big Book of Bootcamps: Ready-Made Workouts for Your Bootcamp or Group Fitness Class Ultimate Warrior Workouts (Training for Warriors): Fitness Secrets of the Martial Arts The Physical Educator's Big Book of Sport Lead-Up Games: A complete K-8 sourcebook of team and lifetime sport activities for skill development, fitness and fun! Healthy Heart, Healthy Planet: Delicious Plant-Based Recipes and Tips to Reduce Heart Disease, Lose Weight, and Preserve the Environment 10,000 Steps: Walking for Weight Loss, Walking for Health: A Turn by Turn Roadmap (Weight Loss Series) Lean in 15: 15-Minute Meals and Workouts to Keep You Lean and Healthy Do Your Bit to Be Physically Fit! (Healthy Habits for a Lifetime) ChiWalking: Fitness Walking for Lifelong Health and Energy

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