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## Walking for Fitness

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By Nina Barough

Dorling Kindersley Ltd. Paperback. Book Condition: new. BRAND NEW, Walking for Fitness, Nina Barough, This is a total fitness programme from power-walking expert Nina Barough. Keep fit, tone-up and lose weight - walking is the perfect way to achieve optimum health, hassle free. Power-walking expert Nina Barough reveals there is a world of difference between a casual stroll and an energising, body-sculpting power walk. Founder of the annual Moonwalk, Nina explains how this low-impact form of exercise can be done by anyone, anywhere at anytime and her total walking programme will help you achieve health, vitality and weight-loss. This book was made for walking!.



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