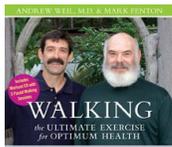


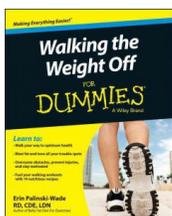
# J9's Books

## walking for exercise



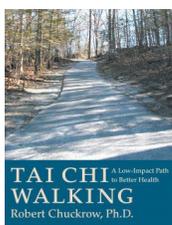
### Walking : The Ultimate Exercise For Optimum Health by Andrew Weil

Transforms the simple exercise into one of the most powerful self-healing tools known to medicine, providing an invigorating program that offers all the tools necessary to begin a daily walking practice.



### Walking the Weight Off for Dummies by Erin Palinski-Wade

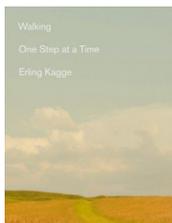
Examines the benefits of walking as exercise, describes the science behind the activity, and details workouts to improve health and maintain weight loss.



### Tai Chi Walking : A Low-Impact Path to Better Health by Robert Chuckrow

*Tai Chi Walking* trains us in walking concepts for improving health, balance, peace-of-mind and safety. If you hurt after a long day on your feet, this book is for you.

Learn how to walk properly and naturally. Discover why poor walking posture can damage your health. Understand how proper walking can increase longevity and vitality.



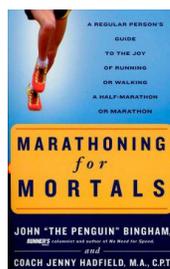
### Walking : One Step at a Time by Erling Kagge

Placing one foot in front of the other, embarking on the journey of discovery, and experiencing the joy of exploration—these activities are intrinsic to our nature. Our ancestors traveled long distances on foot, gaining new experiences and learning from them. But as universal as walking is, each of us will experience it differently. For Erling Kagge, it is the gateway to the questions that fascinate him—Why do we walk? Where do we walk from? What is our destination?—and in this book he invites us to investigate them along with him.



### Walk Your Butt Off! : Go from Sedentary to Slim in 12 Weeks with this Breakthrough Walking Plan

by Sarah Lorge Butler  
Two fitness experts and a nutritionist offer a simple walking program that can be completed in 30 minutes a day and will increase weight loss, help break plateaus and accelerate fitness levels.



### Marathoning for Mortals : a Regular Person's Guide to the Joy of Running or Walking a Half-Marathon or Marathon by John Bingham

In *Marathoning for Mortals*, you'll find the courage to train, the willpower to persevere, and the tenacity to finish one mile after another. John and Jenny stick with you every step of the way, from your first insecure thoughts to your last-minute jitters to your supreme joy at the finish line. In *Marathoning for Mortals*, you'll find:

1. 8 training programs to run, run-walk, walk-run, or walk the half-marathon and marathon.
2. The advice you need to physically, mentally, and spiritually reach your dreams.
3. Tips to help you customize your training, buy the right shoes and apparel, and eat the best foods.

Guidance for common motivational, physical, and emotional roadblocks. Join John and Jenny on an amazing transformative journey where the finish line is just the beginning.



### Run for Your Life : How to Run, Walk, and Move without Pain or Injury and Achieve a Sense of Well-Being and Joy by Mark Cucuzzella

A competitive marathon runner and creator of the Air Force's Efficient Running program shares illustrated, comprehensive instructions for running efficiently without injury or pain by avoiding common mistakes and tailoring goals to individual needs.



## Lindenhurst Memorial Library

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