The Complete Idiot's Guide to Walking For Health corroborates what I and a handful of other forward-thinking fitness experts have been saying for some time: You don't have to work out for hours and hours to get fit, and you don't have to obsess over your diet. With the right exercise program you can look great, feel great, and still have a normal, balanced life. Walking may be considered a luxury, but it's really a necessity if you want to stay healthy. I know that you've got all these errands and to-do lists to complete, but without your health, you might not have the wherewithal to do any activities. In this part of the book, I'll explain how exercise, and walking in particular, can be beneficial to your health. Walking for Health is a guide to creating a fitness program based on walking. Not sauntering, not window-shopping, not strolling, not stopping to smell the flowers—but walking with a brisk, purposeful stride. Personal trainer Erika Peters helps you start a walking program literally one step at a time. She explains the health benefits (both mental and physical) of exercise and gives some all-purpose fitness information: how to measure your fitness level, make a commitment, and set goals. Then she gets into walking specifically, discussing everything you might need to know, from what to wear to In this Complete Idiot's Guide you get: Year: 1998. After the pleasure of writing my last book, The Complete Idiot's Guide to Dating, and its success, the next step quite naturally surfaced. Once you find that special someone in the dating game, what comes next? Making the relationship work, of course. The word health felt so right. After all, your health is an emerging goal for the new millennium. Indeed, a lasting love has to nurture you on all levels: physical, emotional, and spiritual. With that foundation in mind, all the qualities of a healthy relationship also rang clear to me. These qualities became the basis for the chapters in The Complete Idiot's Guide to a Healthy Relationship. The Complete Idiots Guide to Walking for Health no idiot, of course. You've been meaning to get on track to a happier, healthier life, and you've heard that walking burns the same amount of calories as jogging. But your path, while paved with good intentions, is also filled with roadblocks like too little energy, or too many unwholesome distractions. Lace up your sneakers! The Complete Idiots Guide to Walking for Health will help you develop a walking program and be with you every step of the way. In this Complete Idiots Guide, you get: * Simple steps to figure out your waist-to-hip ratio and