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Call it power walking, fitness walking, or just plain walking. Indoors or out, walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people, young and old. In fact, walking burns about the same number of calories per mile as running (and it's a lot easier on your knees). Walking is one of the most adaptable workout activities around – you can walk for an hour straight to make your walking program effective and to achieve your goals, or you can accumulate this hour over the course of a day. *Fitness Walking For Dummies* is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it. If you're already a walking fanatic, you'll find out how to become a better fitness walker. This easy-to-understand guide is also for those who are on track to

Lose weight
Decrease blood pressure
Control cholesterol
Relieve stress
Prevent

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heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals, choosing shoes, and considering nutrition to optimize your workout. Fitness Walking For Dummies also covers the following topics and more:

- Warm-up and cool-down routines
- Strength training
- The four levels of walking: Lifestyle, Fitness, High-Energy, Walk-Run
- Weight-training routines and stretches that add variety
- Buying and using a treadmill
- Age, pregnancy, and walking with your dog
- Dealing with pain and injuries

Like 67 million other people in the United States who log over 201 million miles a year, you want to take advantage of all of the great things a regular walking program can do for you. Whether your goal is to improve your health or your appearance, lose weight, get stronger, feel good about yourself, or all of the above, walking can help you get to where you

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want to go. This book can help you do that by showing you everything you need to know about starting and maintaining a walking program.

THE DEFINITIVE COMPANION TO STANDARD 62.1 This companion guide provides detailed information on the requirements of ANSI/ASHRAE Standard 62.1-2016 and includes tables, illustrations, and examples to aid users in designing, installing, and operating systems for ventilation in buildings. Standard 62.1 User's Manual does not reproduce the requirements of the standard but rather paraphrases and elaborates upon them. Intended to be used in conjunction with the standard, this manual provides information on the intent and application of Standard 62.1, sample calculations and examples, best practices for applying the principles of good indoor air

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quality (IAQ) and effective ventilation when designing buildings and building systems ; Useful reference material ; Guidance for building operation and maintenance personnel ; Instructions for the user in the application of tools used for compliance with ANSI/ASHRAE Standard 62.1-2016 Also included is an exclusive link to the newly revised web-based spreadsheets that aid in ventilation rate procedure calculations. This manual is intended for architects, engineers, manufacturers, plan examiners, field inspectors, general and specialty contractors, and operation and maintenance personnel. Standard 62.1 User ; s Manual is a crucial supplement for professionals concerned with ventilation and indoor air quality. Use it alongside your copy of ANSI/ASHRAE Standard 62.1-2016. In addition to offering immediate access to the content, the PDF

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download of this standard presents selected graphics in color for enhanced readability.

Skip the gym and improve your physical and mental fitness in just minutes with these 300 quick and easy ways to add movement to your day! Being active and in shape helps you sleep, keeps you strong and healthy, and improves balance, your social life—and even your sex life! We all know exercise is good for us, but time, money, age, and inertia often keep us stuck on the couch. But you don't need to join a gym—or even leave your house—to get fit and healthy! In *Fitness Hacks for over 50*, you'll discover quick and attainable tips and strategies to maintain (or increase) your fitness and strength at any point in your life. These simple, easy-to-do movements and activities that just take a few minutes a day makes it easy and

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friction-free to look and feel better, regardless of your age and abilities. It ' s never too late to get started! Let Fitness Hacks for over 50 put you on the path to a healthier lifestyle and a longer life that you can enjoy!

Get this book with 55% Off !! Are you looking for easy-to-prepare, healthy, and delicious recipes? Well, The Mediterranean Diet Appetizers and Snacks Cookbook is what you need! The Mediterranean diet is an easy-to-follow and healthy way to lose weight while eating delicious dishes. Moreover, it is popular among individuals who want to fight heart disease, diabetes, certain cancers, and cognitive decline. The recipes in this book are designed for both beginners and experienced cooks - no matter your level of knowledge, you will find plenty of tasty dishes that use

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ingredients you likely already have at home. With Mediterranean Diet Appetizers and Snacks Cookbook you will:

- Learn Mediterranean Diet Represents a Complete and Balanced Diet deal for those who want to lose weight or maintain weight. It is low in fats, mostly unsaturated, rich in foods with low-calorie density, and is also perfect for regaining shape.
- Discover the typical Tastes of Mediterranean Dishes for you and your family
- Find Easy Meals - provided with detailed instructions - for boosting your energy, and feeling great

This book is a comprehensive guide for anyone who wants to try the Mediterranean diet. It includes everything you need to get started! So, what are you waiting for? Grab this book now!

Frame: The Great Indoors is a bi-monthly international trade journal devoted to the

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design of interiors and products. Frame offers a stunning selection of interior designs created for shops, offices, exhibitions, residences, and hospitality venues. The magazine has the look, feel, and heft of a book. Frame packs the most interesting work from around the globe into six tactile issues a year. Visually focused, the magazine offers well-written articles illustrated with many photos, drawings, and sketches. A great deal of energy goes into finding, analyzing, and presenting the story behind each design published--and into communicating the message in everyday, easy-to-understand English. Loaded with only the best in contemporary design, Frame is an indispensable reference for professional interior designers, as well as for those involved in other creative pursuits. What readers find in each issue of Frame:

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designs for the future, including projects that may or may not be realized. Stills: Portfolio of Places Concise reports on newly completed interiors worldwide, from Tokyo hair salons to the latest bars in London and New York. Features: Projects in Perspective In-depth articles on recently created interiors and their designers. Goods: Material Matters A section completely dedicated to the latest in product design, from furniture and lamps to display systems and cutting-edge fabrics.

After her nightmarish recovery from a serious car accident, Faye gets horrible news from her doctor, and it hits her hard like a rock: she can ' t bear children. In extreme shock, she breaks off her engagement, leaves her job and confines herself in her family home. One day, she meets her brother ' s best friend , and her soul makes a first step to healing.

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The design and construction of buildings is a lengthy and expensive process, and those who commission buildings are continually looking for ways to improve the efficiency of the process. In this book, the second in the Building in Value series, a broad range of topics related to the processes of design and construction are explored by an international group of experts. The overall aim of the book is to look at ways that clients can improve the value for money outcomes of their decisions to construct buildings. The book is aimed at students studying in many areas related to the construction industry including architecture, construction management, civil engineering and quantity surveying, and should also be of interest to many in the industry including project managers,

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