



# Walking to Improve Health

*Dr. Jon Schiller PhD*

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## **Walking to Improve Health** Dr. Jon Schiller PhD

Your author, Dr. Jon Schiller, decided to write this book about walking defects and how to walk normally again after noticing that his daily 3 mile fast walk was not so fast anymore. The 3 mile walk, which normally took  $\frac{3}{4}$  hour, began to take  $1\frac{1}{2}$  hour. In other words he was walking 2 miles/hour instead of 4 miles /hour. He was normally a faster walker than his wife. She became a faster walker after he noted the walking defect. After following the concepts in this book the author and his wife were able to walk 4 miles daily in 1 hour and 30 minutes

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Spent a free time and energy to be fun activity to do! A lot of people spent their leisure time with their family, or their friends. Usually they doing activity like watching television, gonna beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could possibly be reading a book may be option to fill your free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the book untitled Walking to Improve Health can be excellent book to read. May be it can be best activity to you.

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