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Good health is out of the

By ZHANG CHI

paperback. Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 124 Publisher: Lujiang Press Pub. Date :2007-10-1. Nordic walking, the State Sports General Administration launched an advocacy and to promote physical and mental health for the purpose. pay attention to posture. speed and time and other factors walking motion. The campaign aims to promote the implementation. the implementation of the State Council issued the National Fitness Program to promote science and fitness. to show the city's image and improve the quality of the people and promote economic development. promotion of health science easy way to mobilize all walks of life and the ages people to actively participate in fitness activities. with the Olympics adding to the ranks. Walking has many benefits: First. there is no walking time and space constraints. all ages. convenient and safe. Second. walking can improve interpersonal communication. and promote less driving. more walking. reflect green travel lifestyle. Furthermore. walking can demonstrate a region's cultural. economic characteristics. contribute to national. regional cooperation and exchange activities of the walking area to carry out a good external publicity. The origin of the book from walking to the...



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