



# Walk to Your Heart's Content: The Way to Fitness, Health and Adventure

*Norman D. Ford*

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# Walk to Your Heart's Content: The Way to Fitness, Health and Adventure

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**Walk to Your Heart's Content: The Way to Fitness, Health and Adventure** Norman D. Ford

**Describes the health and fitness advantages of walking, discusses proper diet, warm-up exercises, foot care, and clothing and footwear, and describes some of the best places for both day and overnight walks.**

We all know how to walk right, right? Wrong. But with this book we can relearn in the happiest way—and be ever so much healthier for it. This encouraging book tells how to create a precise self-training program to take advantage of health benefits of walking.

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