Manpo-Kei: The Art and Science of Step Counting

Catrine Tudor-Locke

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Manpo-Kei: The Art and Science of Step Counting Catrine Tudor-Locke
Written in a refreshingly humorous and compassionate by the creator of the First Step Program, the only
scientifically proven pedometer-based physical activity intervention, Manpo-Kei: The Art and Science of
Step Counting presents the appealing rationale and the simplistic methods for taking back our naturally
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