

# Walk, Don't Die: How to Stay Fit, Trim and Healthy Without Killing Yourself

Fred A. Stutman

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## Walk, Don't Die: How to Stay Fit, Trim and Healthy Without Killing Yourself

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Walk, Don't Die: How to Stay Fit, Trim and Healthy Without Killing Yourself Fred A. Stutman This entertaining guide provides solid information about the benefits of walking. The book advocates walking as the ultimate exercise for weight loss without the debilitating effects of jogging and aerobics.



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