



Walk Your Way Through Menopause: The Simple, Natural Programme That Fights Fat, Hot Flashes, Bone Loss, Mood Swings and Premature Aging

Maggie Spilner

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Walking Is The #1 Exercise For Women Over 40. Walk Your Way Through Menopause offers an entire programme of walking and yoga to relieve the symptoms of menopause, fight mid-life weight gain, strengthen bones, slow the aging process and improve well-being. Maggie Spilner created a variety of walking programmes for her readers, including high-intensity, meditation and relaxing walks as well as short yoga routines to help relieve menopause symptoms. Maggie writes about her own experience as well as the experiences of the many women in her walking clubs. She tells readers about the positive experience of walking with friends, taking care of yourself and enjoying this time in a woman's life.

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