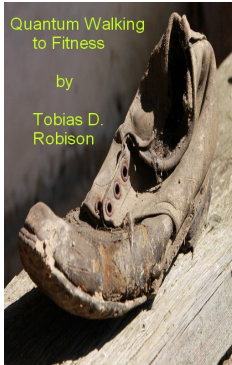


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QUANTUM WALKING TO FITNESS EBOOKS 2019



Author: Tobias Robison

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Quantum Walking to Fitness tells you how to become more fit and healthy by working short walks into your daily life. Quantum Walking is simple, engaging exercise that you will always be able to do. This short book tells you how to determine your own personal quantum, how to count your walks, and even how to "act," when you don't want your coworkers to know that you are exercising. The "quantum walk" is the shortest walk that can help you improve your physical fitness. By combining many quantum walks to reach your daily goal, you can enjoy better health. This book, with a light touch, delves into the many details of planning, taking, and counting short walks. It's not necessary to set aside a big chunk of time for this physical activity, because the book explains how to work them into your daily activities.

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