



# Walking A Complete Guide for Women

*Jeff Galloway, Barbara Galloway*

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**Walking A Complete Guide for Women** Jeff Galloway, Barbara Galloway

This is a book that will take any woman, at any level of fitness into the walking lifestyle. Women will find information on their unique issues, with inspirational stories of individuals who have made changes.

Olympian Jeff Galloway and his wife Barbara have helped more than 200,000 people change their lives in a positive way through their coaching, fitness schools, retreats and training programs.

The nutrition section offers specific eating suggestions, with advice from highly recognized sports nutritionist Nancy Clark, MS, RD.

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