WALKING FOR YOUR HEALTH

Walking is a wonderful way to keep fit and healthy. Walking is easily the most popular form of exercise and the number who walk for exercise is increasing every year. The following books and audiovisual items are available at the Newton Free Library. The Newton Free Library, as well as the Minuteman Library Network, has many other books to help readers understand the benefits of walking. The listed Web sites will also assist you in finding helpful information. Ask a librarian, if you need help. The book or audiovisual call number is listed at the end of each item. EXAMPLE - 917.449 B41M

Chuckrow, Robert. Tai Chi Walking: A Low-Impact Path to Better Health. 613.714 C47T 2002
Flach, Andrew. Walk the Weight Away! The Easiest Weight-Loss Program Ever! 613.7 F59W 2003
Klinkenberg, Kevin. Why I Walk: Taking a Step In the Right Direction. 613.717 K68W 2014
Nhật Hạnh, Thích. How to Walk. 294.3 N576
Reader’s Digest. Walk It Off: Lose Weight the Easy Way. 613.7 W15R 2012
Rocker, Debbie. Training For Life: Walk Your Way To Fitness And Weight Loss In 14 Days. 613.717 R59T 2007
Sansone, Leslie. Walk Aerobics for Seniors with Leslie Sansone. (DVD videorecording) 2005. DVD EXERCISE
Schwanbeck, Klaus. The Ultimate Nordic Pole Walking Book. 613.717 S39U 2012

Places to Walk for Your Health and Enjoyment

Berenson, Barbara F. Walking Tours of Civil War Boston. 917.446 B45W 2011
Block, Lawrence. Step By Step: A Pedestrian Memoir. 823.09 B62 .BL 2009
Burk, John S. (Editor). Massachusetts Trail Guide: AMC's Comprehensive Guide To Hiking Trails In Massachusetts. 917.44 A490M
Conroy, Frank. Time and Tide: A Walk Through Nantucket. 917.449 C76W 2004

Huban, Cheryl Johnson. Best Easy Day Hikes Cape Cod and the Islands. 917.4 F18C 2011

Laubach, René. AMC's Best Day Hikes In the Berkshires: Four-Season Guide To 50 Of the Best Trails In Western Massachusetts. 917.441 L36A 2015

Letterman, Greg. Walking Boston. 917.446 L56W 2001

Mirsky, Steve. Best Hikes Near Boston. 917.44 M67B 2011

Newton Conservators. Walking Trails In Newton's Park & Conservation Lands. 917.444 W15N 2013

Older, Julia. Nature Walks Along the Seacoast: Massachusetts, New Hampshire, Maine. 917.4 O44N 2003


Sinai, Lee. Discover Martha's Vineyard: AMC's Guide To the Best Hiking, Biking, and Paddling. 917.44 A460M

Stevens, Lauren R. 50 Hikes in the Berkshire Hills. 917.4 C83F 2016

Tougias, Mike. AMC's Best Day Hikes Near Boston: Four-Season Guide To 60 Of the Best Trails In Eastern Massachusetts. 917.44 A490B 2017

Tougias, Mike. Nature Walks In Central and Western Massachusetts. 917.44 T64N 2000

Tougias, Mike. Nature Walks In Eastern Massachusetts: Nature-Rich Walks Within an Hour Of Boston, Features the Bay Circuit Trail. 917.44 T64N 1999

Tourville, Jacqueline. Massachusetts Hiking. 917.44 Tourville pb 2010

Weintraub, David. Walking the Cape and Islands: A Comprehensive Guide To the Walking and Hiking Trails Of Cape Cod, Martha's Vineyard, and Nantucket. 917.449 W43W 2006

INTERNET RESOURCES

http://walking.about.com/ A Web site for people starting out in fitness walking.

www.frommers.com/destinations/boston/walking-tours The popular guidebook publisher presents three suggested walking tours of the city.

www.heart.org/HEARTORG/ Web site of the American Heart Association provides tips on the benefits of walking with lots of suggestions. On the Web site, use the search term “walking.”

www.mayoclinic.com/ The famed Mayo Clinic Web site offers many tips about walking to improve your health and how to start a walking club. On the Web site, use the search term “walking.”

www.thewalkingwebsite.com/ An informative Web site about all aspects of walking.

December 12, 2017 EJW