



## I Count: 10 Simple Steps to a Healthy Life (Paperback)

By Susan Parks, Patricia Bonavia

iUniverse, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Walk This Way! Think your workload keeps you from keeping fit? Think again! If you add walking to your lifestyle, you ll dramatically improve everything from your health and fitness to your emotional, professional, and even financial success. Sue Parks, founder and CEO of Walkstyles, Inc., and Pat Bonavia, Vice President of Corporate Wellness Programs, are America s leading corporate fitness and wellness advisors, helping tens of thousands of Americans get healthier and happier .through walking! Our bodies were designed with walking in mind. All you need is to count your steps daily with the tools and techniques you ll discover in I COUNT! And before you know it, you ll be counting on walking to make the difference for your health your career and even your peace of mind.



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