

> WALKING & ACTIVE LIFE- Trim, Fit & Healthy

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Model : WT2

Manufacturer : Precision

Research shows that walking can help you lose weight, improve circulation and muscle tone, relieve stress, lift your spirits and help you stay young. Walking also promotes creativity, concentration, and memory improvement. Now with these one hour cassettes or CD's, you can program yourself with positive messages and at the same time listen to enjoyable, energizing music that will make your walking much more enjoyable. The messages in this program focus on helping you develop a "Trim, Fit & Healthy Body."

Price : \$15.98

Options available for WALKING & ACTIVE LIFE- Trim, Fit & Healthy :

Audio Format

CD, Tape (-\$2.00).

Availability: This product was added to our catalog on Thursday 06 July, 2006