



Un cuerpo en forma caminando: Salud con el walking (Sentirse bien series)

Margit Rudiger

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Beautifully packaged, pocket-sized references to feeling good inside and out, these guides focus on nutrition and exercise with advice, tips, and methods for achieving maximum physical and mental health.

Bellamente empacadas referencias portátiles de cómo sentirse bien por dentro y por fuera, estas guías para la buena salud se concentran en la nutrición y el ejercicio con ideas, consejos, claves y métodos para alcanzar la máxima salud física y mental.

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