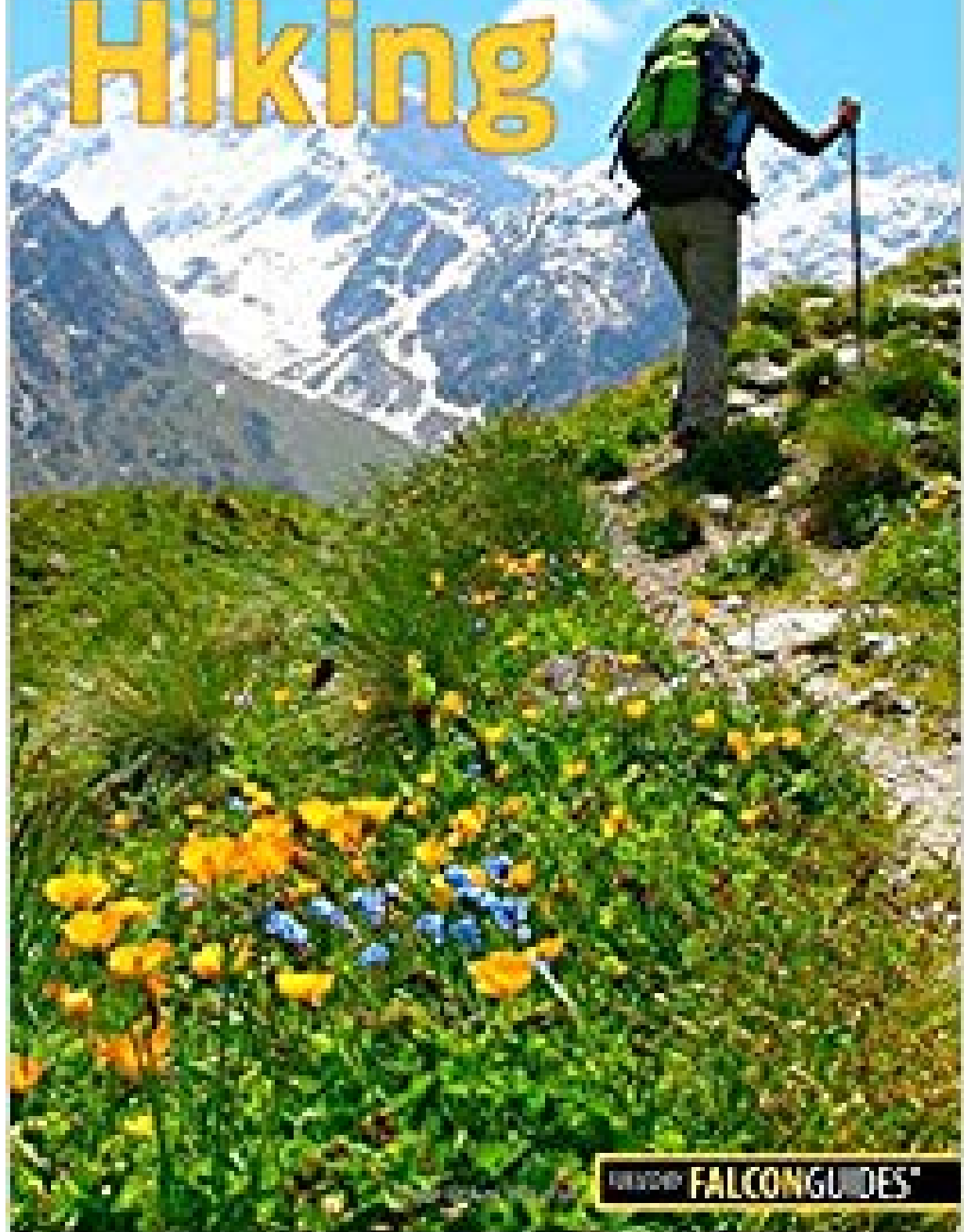


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# BACKPACKER

THE OUTDOORS AT YOUR DOORSTEP

## Fitness & Nutrition for Hiking



FALCON GUIDES

Molly Absolon

## Backpacker Magazine's Fitness & Nutrition for Hiking (Backpacker Magazine Series)



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Including information regarding fitness routines and nutrition, this book is filled with how-to info and fifty color photos. partnership with Backpacker magazine, this reserve explores the basics of exercise and diet that are necessary to get a lean body to tackle a variety of different walking trails.A fresh title in FalconGuides'



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More Like a Pamphlet Something you can't observe online is that the "book" is approximately 7 x 4 inches and 100 pages including the index.



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