

Perfect Motion: How Walking Makes Us Wiser

Walking is one of the most natural and accessible forms of exercise, and it has been shown to have numerous benefits for our physical and mental health. In her new book, Perfect Motion, author Katy Bowman explores the science behind walking and how it can help us achieve optimal health and well-being.



Perfect Motion: How walking makes us wiser

by Anthea Peries

★★★★☆ 4.3 out of 5

Language : English

File size : 745 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 195 pages

Screen Reader : Supported



Bowman argues that walking is more than just a way to get from place to place. It is a complex movement that involves our entire body and brain. When we walk, we are not only burning calories and strengthening our muscles, but we are also improving our balance, coordination, and cognitive function.

Bowman's book is full of fascinating insights into the science of walking. She explains how walking can help us to reduce stress, improve our sleep,

and boost our creativity. She also provides praktische tips on how to make walking a more enjoyable and beneficial part of our lives.

If you are looking for a way to improve your health and well-being, Perfect Motion is a must-read. Bowman's book is a comprehensive and engaging exploration of the science of walking and how it can help us achieve optimal health and well-being.

Here are some of the benefits of walking:

- Reduces stress
- Improves sleep
- Boosts creativity
- Burns calories
- Strengthens muscles
- Improves balance
- Improves coordination
- Enhances cognitive function

How to make walking a more enjoyable and beneficial part of your life:

- Find a walking partner
- Listen to music or podcasts while you walk
- Walk in nature
- Walk for at least 30 minutes most days of the week
- Gradually increase the intensity and duration of your walks

Walking is a simple and effective way to improve your health and well-being. So what are you waiting for? Start walking today!

Free Download your copy of Perfect Motion today!



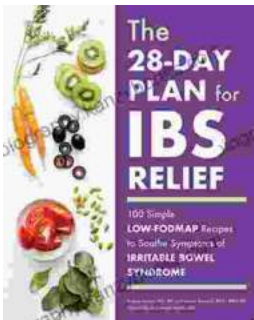
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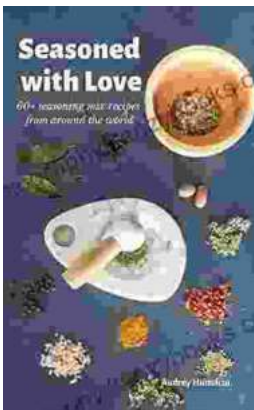


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