

# Walking Habit Blueprint For Seniors - Increase Longevity, Lose Weight, Burn Fat By Mirsad Hasic

**By Mirsad Hasic**

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Walking Habit Blueprint for Seniors. Through 31 Jul by Mirsad Hasic. Original Price:\$2.99 Current Price: \$0.99. About the book What we want is longevity.

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It also has extensive cognitive benefits, improving memory in seniors, Several lines of evidence point to the benefits of walking on 2013 Primal Blueprint

Senior Blueprint. Senior solutions, elder care, By incorporating activities such as walking, Increased sleeping habits;

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Resources for Senior Care; (walking & transferring) in the careplan to help our home caregivers provide optimal home care, such as the person s habits like

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