

# ROCKPORT WALKING PROGRAM

Walk your way to fitness, health, peace of mind,  
lower cholesterol—and a lifetime of slimmness!



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DIET  
AND  
EXERCISE  
PLAN  
FOR  
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AND  
PERMANENT  
WEIGHT  
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DR. JAMES M. RIPPE  
AND ANN WARD, PH.D.  
with Kerla Dougherty

# The Rockport Walking Program

**Lingsheng Yao**



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