

**The Rockport Walking Program - Walk Your Way To
Fitness, Health, Peace Of Mind, Lower Cholesterol And
Lifetime Of Slimness**



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Jan 27, 2015 The Rockport Fitness Walking Test, or RFWT, is a cardiorespiratory fitness test used to estimate VO2 max. VO2 max, also called aerobic capacity, is the

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For an estimate of your VO2 max, using the Rockport Fitness Walking Test, enter your gender, age, weight, and heart rate, then at the end of the test, the time to

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The Rockport Walking Program by James M. Rippe, October 1992, Prentice Hall Trade edition, Paperback - 1st Frsd edition

Another book about walking for health, written under the aegis of the Rockport Institute, which creates walking programs and markets walking shoes. Do we need another

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