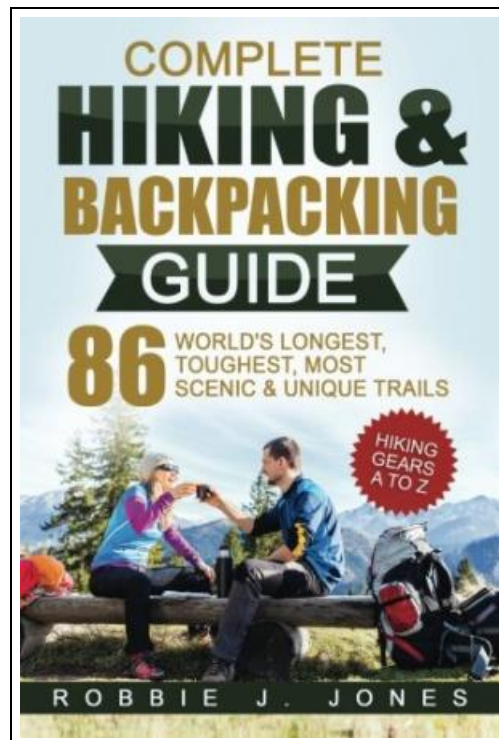


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Complete Hiking Backpacking Guide Best Hiking Gears A to Z 86 World s Longest, Toughest, Most Scenic and Unique Trails I was diagnosed with high blood pressure, borderline diabetes, obesity and being overweight. I lived a busy life, and I didn t have a lot of money. Taking the time to follow a strict diet and exercise routine or paying out a lot of money for a gym membership or personal training was out of the question. At first, I tried training for a marathon as my younger brother Bobby was a cross country marathon runner. But after the second day with him, I realized, my body was not fit for marathon practice. Bobby s coach then told me about hiking, and since he was an avid hiker himself, he took me on two hiking trips, and I was hooked. That was 12 years ago. Fast forward to the present, I now am an experienced long distance hiker, I traveled and hiked in over 17 countries. I no longer have diabetes or high blood pressure. I am also a certified hiking coach for people with diabetes, high blood pressure, and obesity. I teach and promote family hiking where a family with kids of any ages can go for a hike as a mini camping trip and have a fun time. I wrote this Complete Hiking and Backpacking Guide book for people who are looking to get into shape while enjoying their time outdoor especially with their family and kids. Think of hiking as a mini camping trip where you get to enjoy the beautiful nature while getting into shape and spend quality time with your family. In this book,...



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