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By Shirley Archer

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<http://www.reuters.com/article/2012/07/23/us-fitness-30minutes-idUSBRE86M0BV20120723>

Walking to Lose Weight - How to Lose Weight by -

5 Easy Ways to Burn More Calories on Your Walk Shirley Archer, The Walking Deck: 50 Ways to Walk Yourself Healthy.

<http://www.womansday.com/health-fitness/workout-routines/videos/a50654/burn-more-calories-on-your-walk/>

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<http://www.awcnet.org/documents/wellness/hope/hope2006-03.pdf>

Heidi and Chris Powell - Brooklyn Fit Chick -

Sarah Chalke, Shape magazine, Shirley Archer, author of The Walking Deck: 50 Ways to Walk Yourself Healthy shows how to get a serious sweat session

<http://brooklynfitchick.com/tag/heidi-and-chris-powell/>

Calories Burned by Exercise, Walking, Etc -

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<http://www.shape.com/fitness/cardio/cardio-fast-lane-30-minute-power-walking-plan>

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Shirley Archer (Author of Busting Out) - -

Shirley Archer is the author of Busting Out (4.00 avg rating, 7 ratings, 2 reviews, published 2007), The Strength and Toning Deck (4.67 avg rating, 3 rat register

http://www.goodreads.com/author/show/100153.Shirley_Archer

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Ann Field (Author of The Meaning of Flowers) - -

Ann Field is the author of The Meaning of Flowers (3.45 avg rating, 67 ratings, 13 reviews, published 1998), The Meaning of Herbs (3.86 avg rating,

http://www.goodreads.com/author/show/100955.Ann_Field

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<http://articles.latimes.com/2005/mar/21/health/he-minigear21>

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The Pilates Deck: 50 Exercises to Strengthen, -

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Working Out in the Middle of the Working Day -

As author of "Walking Deck: 50 Ways to Walk Yourself Healthy," Florida-based fitness expert Shirley Archer has helped workers to organize lunchtime walking groups.

<http://www.medicaldaily.com/working-out-middle-working-day-241502>