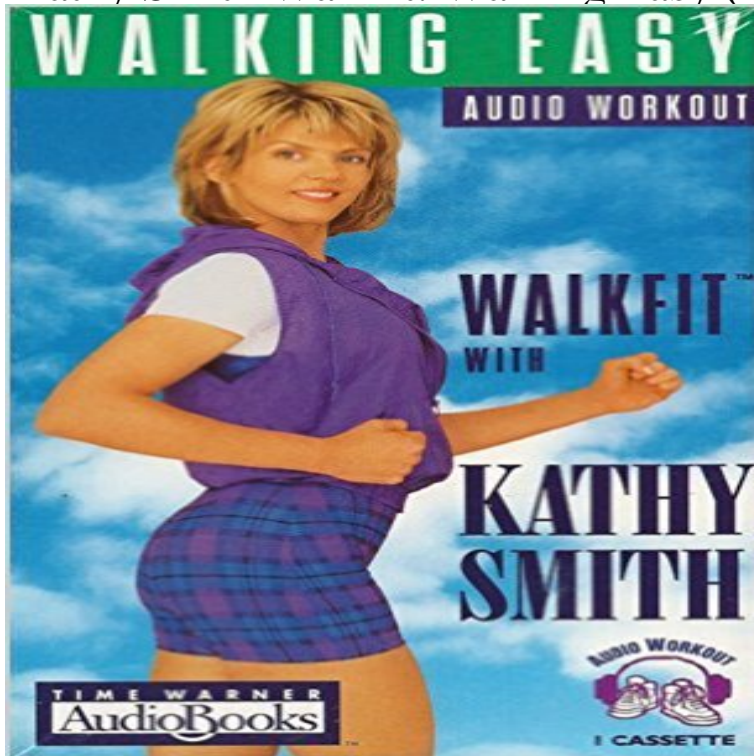


## Kathy Smith Walkfit: Walking Easy (Walkfit with Kathy Smith)



Integrating easy-to-follow directions and upbeat music, the noted fitness expert introduces two complete, thirty-minute workouts, designed to help beginning walkers develop a new approach to fitness and health.

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