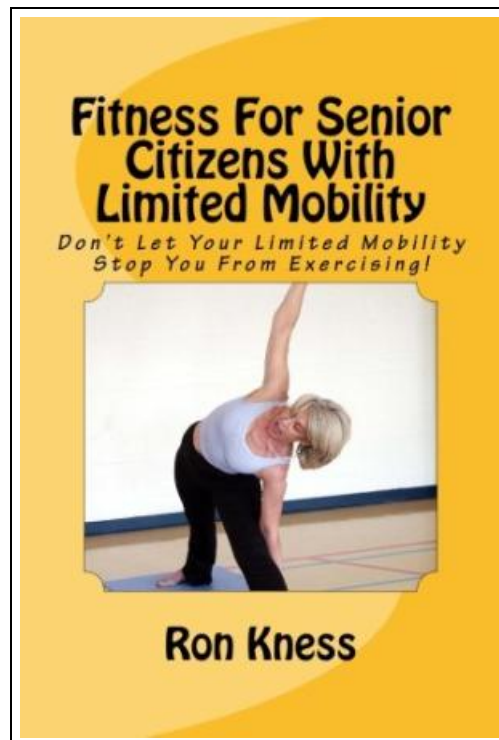


## Fitness for Senior Citizens with Limited Mobility: Don t Let Your Limited Mobility Stop You from Exercising! (Paperback)



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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. We want to be physically healthier and mentally more alert. We also want to be more in control of our health and wellbeing. And we want to exercise as a senior citizen with limited mobility! We can achieve ALL of these goals with the newest release from Ron Kness called -Fitness For Senior Citizens With Limited Mobility-. Based on these exciting teachings, you will learn about all the dramatic benefits of exercising regardless of age and just moving about frequently to stay active and to keep arthritis pain at bay. This book is built around a very clear, concept: keeping the mobility you currently have. It s not just about anti-aging through exercising regardless of mobility issues. Having great looks and health as they age is linked to being active, exercising and eating foods that support bone health. This is because they value a healthy lifestyle as they age. In this book, we look at all of the ways you can improve your own looks and health as you age, starting with exercising within your limitations regularly and frequently. This book will also look at the many other steps that can be taken to support this goal, from seeing your healthcare professional first before starting an exercise program for advice on what you can and can t do, to then staying within the parameters set by your doctor. Even the choices you make about which exercises to do based on mobility limitations can have an impact on your looks and health as you age. In -Fitness For Senior Citizens With Limited Mobility-, we ll cover all the bases, giving you everything you need to know to exercise and stay...



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