



Over Age 60 Senior Body Manual: Muscle and Flexibility Secrets in 4 Stages

By Jack Sampson

Createspace, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.How To Be The Physically Fit Senior Your Family Will Love. Staying physically fit is difficult. Making excuses, maintaining a routine is tough. This book will show you how to enjoy a renewed vigor, and eliminate all the stress and problems. Why can t I get going on fitness? Why are things so hard? How am I going to get to a gym to work out? I m too old for this. I don t have any equipment. My life is horrible. Every senior feeling phhhtttt finds themselves struggling with these same thoughts. Life is tough, and starting a new fitness routine and taking control of your health is one of the toughest things imaginable. But I have good news: All your problems are temporary! If you have an action plan and know what you re doing, you can seamlessly start and maintain a fitness program. This book will give you that action plan. Strength and Flexibility for Long Life If you love your your family, you re already halfway there. Now you just need your family to...



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