



Unleash Their Inner Superhero: 52 Fun Workouts That Will Give Your Kids Strength, Positive Energy, and Confidence. Now

By Darius Veleas

Anderson-Noble Publishing. Paperback. Condition: New. 130 pages. Dimensions: 8.9in. x 5.8in. x 0.4in. Dr. Darius Veleas is a family and sports chiropractor and currently practices in his offices in Mission Viejo, Laguna Niguel, and Huntington Beach, California. He is certified in Active Release Technique (ART) and Applied Kinesiology and is known for his expertise in treating high level professional and amateur athletes, helping to improve their biomechanics to get them back to optimal performance. Dr. Veleas wrote this book to help parents, just like him, that want to create a lifelong habit with their kids of being active and in good health. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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