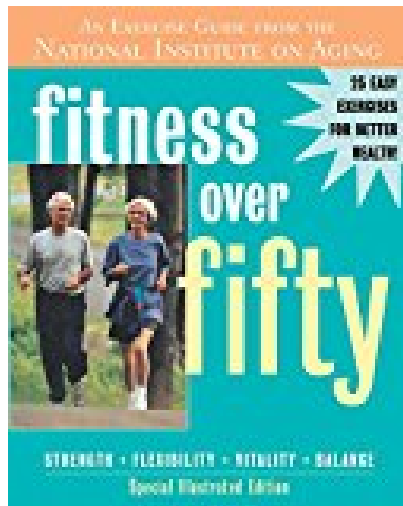


Fitness Over Fifty An Exercise Guide from the National Institute on Aging



BOOK DETAILS

- Author :
- Pages : 144 Pages
- Publisher : Hatherleigh Press
- Language : English
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BOOK SYNOPSIS

Culled from the advice of a team of experts selected by the National Institute on Aging, a book-and-CD guide shares a range of exercises selected to help older adults maintain their health and independence, in a reference that provides coverage of staying motivated, increasing flexibility, and eating for optimum nutrition. Reprint.

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