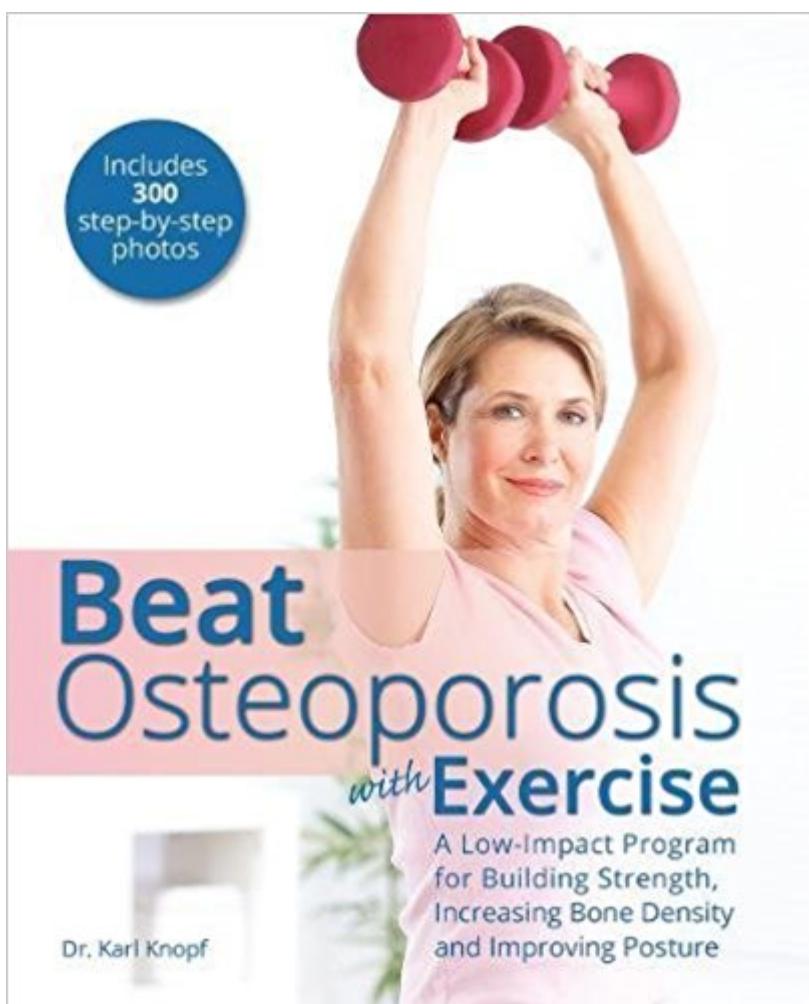


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# Beat Osteoporosis With Exercise: A Low-Impact Program For Building Strength, Increasing Bone Density And Improving Posture



## Synopsis

PREVENT BONE LOSS AND DECREASE THE RISK OF INJURY WITH THIS FULLY-ILLUSTRATED WORKOUT GUIDEAs you get older, osteoporosis is a big concern. Luckily, there are things you can do to keep it from adversely affecting your life. Featuring more than 100 step-by-step exercises divided into detailed fitness plans, Beat Osteoporosis with Exercise guarantees that, regardless of your current fitness level, you can radically improve all aspects of your health, including:â €¢ Preventing bone lossâ €¢ Increasing mobilityâ €¢ Avoiding fracturesâ €¢ Building strengthâ €¢ Lowering risk of injuryâ €¢ Improving balanceâ €¢ Fixing postureAs these exercises become a regular habit, youâ ™ll have an improved and sustainable quality of life while engaging in your favorite physical activities, such as golf, hiking, fishing, tennis or even salsa dancing. This book's safe, age-appropriate, customizable approach to exercise offers stability to your bones while lowering risk of injury.

## Book Information

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Dr. Karl Knopf is the coordinator for the fitness therapist program at Foothill College of California and is the author of many successful fitness and rehab books. He lives in Gilroy, CA.

This book is informative. There are pictures of each exercise to help you determine how they are to be completed.

Great book with lots and lots of very useful exercises for preventing osteoporosis. I also hope that these exercises plus my gym workout will actually build bone. After going to the gym for 2years, the bone in my spine increased by 10 percent, according to the lab report. This proves to me that you can build bone doing the proper exercises. Plus, I've added a new calcium supplement, Bone Up, by Jarrow. Hope this helps some woman. Hi my

any level of fitness can do these exercies

Absolutely the best!!!

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