

1. Record Nr.	UNINA9910157542603321
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Titolo	Everyday health and fitness with multiple sclerosis : achieve your peak physical wellness while working with limited mobility // David Lyons with Jacob Sloane
Pubbl/distr/stampa	Beverly, Massachusetts : , : Fair Winds Press, , 2017 ©2017
ISBN	1-63159-358-7
Descrizione fisica	1 online resource (195 pages) : color illustrations, photographs
Classificazione	HEA039110HEA007000HEA010000
Disciplina	616.8/34
Soggetti	Multiple sclerosis Self-care, Health
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes index.
Sommario/riassunto	"Achieve real gains and remove obstacles in your path to fitness with Everyday Health and Fitness with Multiple Sclerosis. David Lyons' program is designed to help you maintain a healthy lifestyle maintain a healthy lifestyle and includes anecdotes from real people with MS, their limitations and how they followed this plan to reach their fitness goals. The customizable, high-intensity, calorie-burning workout builds lean muscle mass. Find advice and solutions for overcoming mental hurdles, nutrition fundamentals to properly fuel workouts, easily adaptable exercises, and motivation. Everyday Heath and Fitness is a road map for every person who wants to conquer a disease or disability, and just get moving"-- "Everyday Health and Fitness with Multiple Sclerosis is a program designed to help people living with Multiple Sclerosis maintain a healthy lifestyle through fitness and nutrition"--