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Titolo	Beat Osteoporosis with Exercise : A Low-Impact Program for Building Strength, Increasing Bone Density and Improving Posture
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ISBN	1-61243-574-2
Descrizione fisica	1 online resource (160 pages)
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Livello bibliografico	Monografia
Nota di contenuto	What is osteoporosis? -- Determining your risk -- Preventing osteoporosis -- Frequently asked questions -- Before you begin -- Using this book -- Exercises.
Sommario/riassunto	Presents an exercise program of more than one hundred low-impact exercises, with detailed fitness plans and illustrations of movements designed to increase mobility, lower risk of injury, improve balance, and prevent bone loss.--