



Senior Fitness: Pilates: The Low Impact Exercise Program for Seniors

Ron Kness

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Do you wake up in the morning feeling lethargic? Do you wish you had the energy to run around with kids once again? Feel stiff and aching bones? If you answered yes to any 1 of those 3 questions, then pay attention because what you are about to read in the next few minutes could change your life Firstly, What exactly is the problem? Generally it is inactivity. Studies have shown that it only takes a few days of lying in bed to start losing your strength, flexibility and balance. Once this happens you are at risk of beginning the dreaded downward health spiral.If you are looking to take care of your body and remain youthful well into your twilight years then it's important to not let anything stand in your way from doing it. Don't let a few dollars stop you from learning the secrets that could change your life while also enriching it. Here are just some of the things you'll learn in this book: ==> Chapter 1 – Discover How Activity Promotes Longevity. ==> Chapter 2 - The History of Pilates ==> Chapter 3 - What exactly is Pilates? Should I be doing it? ==> Chapter 4 - The Benefits of Pilates ==> Chapter 5 - Steps Before Beginning Pilates ==> Chapter 6 - What to Expect in a First Session. ==> Chapter 7 – 4 Fantastic Pilates Moves To Do. ==> Chapter 8 - Avoiding Common Pitfalls ==> Chapter - Making Exercise/Pilates Part of Lifestyle ==> Advanced Chapter – Taking Things Up a Notch Get your copy today before it is too late!

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