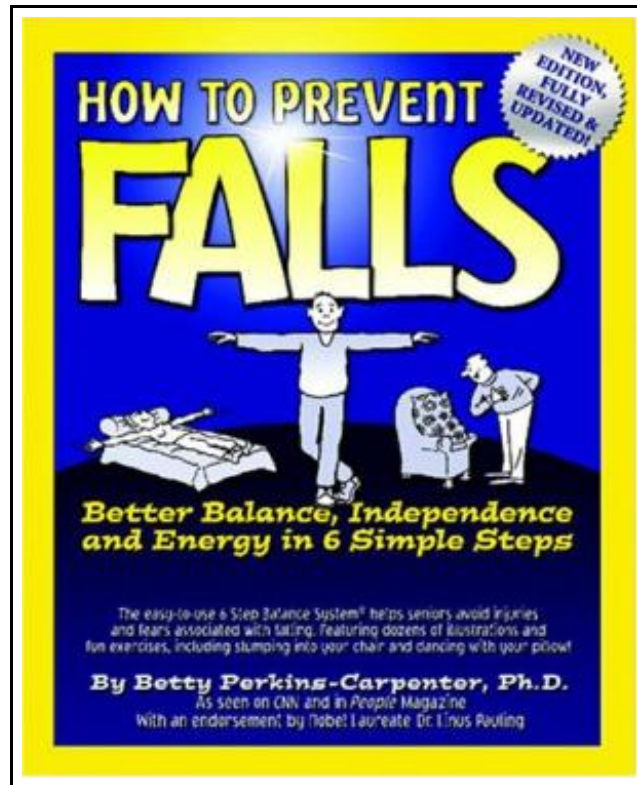


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Senior Fitness Inc, United States, 2006. Paperback. Book Condition: New. 5th. 226 x 183 mm. Language: English . Brand New Book. The new edition of How To Prevent Falls lays out a common sense, fun approach to improving both fitness and balance in senior citizens through a series of simple exercises. It offers seniors and the people who care for them a hands on and practical guidelines for fall-proofing themselves. Through it s simple descriptions and engaging illustrations by nationally known cartoonist Jim Whiting, the book first introduces a series of morning stretches and then balance exercises. Next, ball-handling exercises and multi-tasking all to increase confidence and capability. Finally, The Slump, a way to practice falling by slumping into a chair or bed, and Dancing with a Pillow, which puts together balance and movement, exercise and fun. Plus, an appendix full of tips, checklists, and resources. This book is different as it won t overwhelm you. The exercises are explained in a few clear sentences and have delightful drawings to follow step by step. Each chapter assumes you are a beginner and then is followed by an advanced version for you to try whenever you feel capable. It is not always possible to prevent the illnesses that change our lives, but it is possible to prevent or minimize most of the falls that plague our senior citizens. This book can do that, one person at a time all over the nation.



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