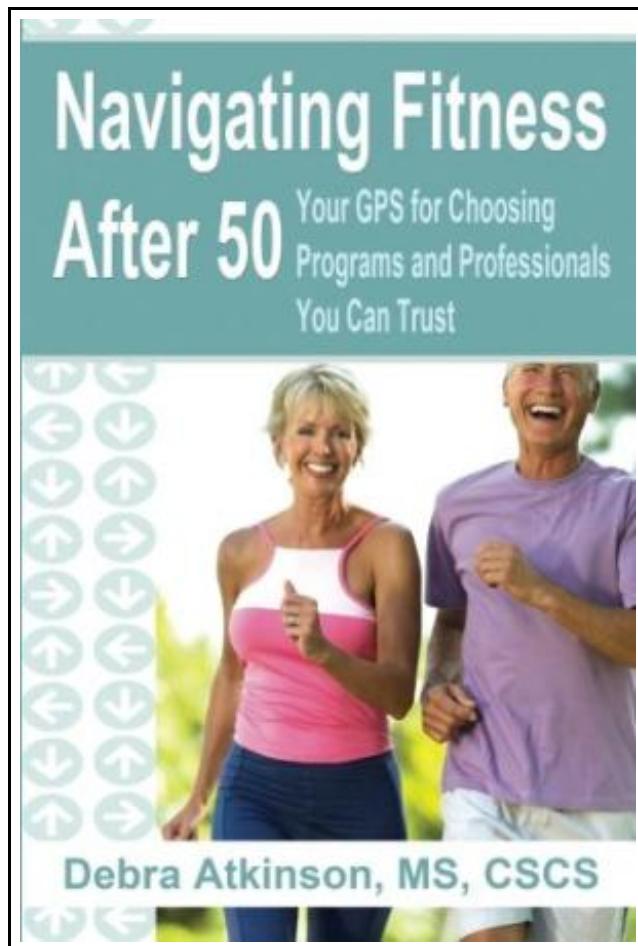


Navigating Fitness After 50: Your GPS for Choosing Programs and Professionals You Can Trust (Paperback)



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Reviews

*A fresh e book with a brand new point of view. It is actually writer in straightforward terms and never difficult to understand. I found out this pdf from my dad and i suggested this ebook to understand.
(Dr. Lisandro Schuppe MD)*

NAVIGATING FITNESS AFTER 50: YOUR GPS FOR CHOOSING PROGRAMS AND PROFESSIONALS YOU CAN TRUST (PAPERBACK)

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Voice for Fitness, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Baby boomers are creating a stir in the fitness industry as they seek to change the way we age. Looking around senior fitness classes they don t see themselves. Attending bootcamps they leave with their aching knees crying out for help. Author Debra Atkinson sorts through the maze of options available for physical activity and defines how to reach optimal results while preparing vulnerable exercisers to assess professionals. Debra Atkinson, the author, is a 30-year fitness professional (formerly a Senior Lecturer in Kinesiology at Iowa State University and an international fitness industry presenter and author whose experience - teaching, hiring and supervising fitness professionals - enabled her to identify the questions boomers should ask instead of those they do. For example: Not, are you certified? But are you certified by one of these four top tier agencies? Not, have you worked with any one my age, but have you worked with anyone with my ability level before? Not, do you have a plan for me, but what is the plan and why will that work? Most over 50 exercisers fall into one of two categories. They have exercised their entire lives, possibly stopping and starting and now what used to work doesn t anymore. The rules have changed. On the other hand, there are those who never have exercised and they can t ignore the fact any more their health depends on it. But they are intimidated, uncomfortable and don t know where to begin. As Atkinson describes each phase of an optimal exercise program and the mass of recent research for successful aging in the second half readers will: Develop a needs list tied...

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Relevant Books



A Parent's Guide to STEM (Paperback)

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. This lively, colorful guidebook provides everything you need to know...

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Ellie the Elephant: Short Stories, Games, Jokes, and More! (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Are you looking for a kid's or children's book that is...

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Barron's Educational Series, United States, 2006. Paperback. Book Condition: New. Karen Stormer Brooks (illustrator). 214 x 149 mm. Language: English . Brand New Book. This is volume one, Reading Level 1, in a comprehensive...

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I Am Reading: Nurturing Young Children's Meaning Making and Joyful Engagement with Any Book (Paperback)

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It's vital that we support young children's reading in ways that nurture healthy

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Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday

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Learning with Curious George Preschool Math (Paperback)

HOUGHTON MIFFLIN, United States, 2012. Paperback. Book Condition: New. Student, Workbook. 279 x 203 mm. Language: English . Brand New Book. There's no better way to ignite your child's curiosity for learning than with Curious

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Oxford Reading Tree Read with Biff, Chip and Kipper: Phonics: Level 2: A Yak at the Picnic (Hardback)

Oxford University Press, United Kingdom, 2014. Hardback. Book Condition: New. Mr. Nick Schon (illustrator). 177 x 148 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK's best-selling

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How to Make a Free Website for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter

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