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R Bogdan



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Stability Workouts on the Balance Board Karl Knopf, 2015-10-20 THE FIRST BOOK DEDICATED EXCLUSIVELY TO THE BALANCE BOARD FEATURING OVER 200 STEP BY STEP PHOTOS Unleashing the power of the balance board this guide provides highly effective workouts that quickly produce noticeable results Whether you re looking to sculpt a stunning physique tone muscles or improve general fitness there s a specifically designed program to address your individual needs Stability Workouts on the Balance Board offers over 100 safe straightforward exercises that teach beginners good posture balance and strength while helping more advanced athletes enhance their sporting lives With your balance board and this book you ll quickly learn how to build strength in both primary and secondary muscles throughout the body as well as Increase core strength Improve balance Tone muscles Release tension Rehabilitate Injuries *Prevention Live to 100 and Love It!* Prevention, Stacey Colino, 2015-09-16 Add healthy years to your life with practical science backed strategies that work from the editors at experts at Prevention Featuring 100 photos this user friendly guide which includes strategies for disease prevention and long lasting brain health makes aging well both realistic and rewarding Here s good news People are living longer and better than ever before and now you can too This empowering longevity book with easy to understand text and 100 photos and illustrations offers immediate benefits to extend your lifespan Inside you ll find The latest news on the science of aging including the myths about the aging brain and memory and if it s possible to reverse aging Ideas to take a staying young approach to your 50s 60s 70s and beyond plus the secrets of the superagers Strategies for maximizing your healthspan the years you re in good health including important advice about brain heart and mental health 25 exercises to help you preserve and build balance flexibility strength and cardiovascular endurance The best foods to eat for healthy aging and a primer on science supported diet plans including the Mediterranean Diet DASH diet and MIND diet Tips for navigating menopause and sexual health Action oriented checklists for living your best life now and always Live to 100 and Love It celebrates healthy aging showing how living a long and healthy life is possible for everyone **Fitness Walking For Dummies** Liz Neporent, 2000 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it s a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you can accumulate this hour over the course of a day Fitness Walking For Dummies is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it If you re already a walking fanatic you ll find out how to become a better fitness walker This easy to understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals choosing shoes and considering nutrition to optimize your workout Fitness Walking For

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