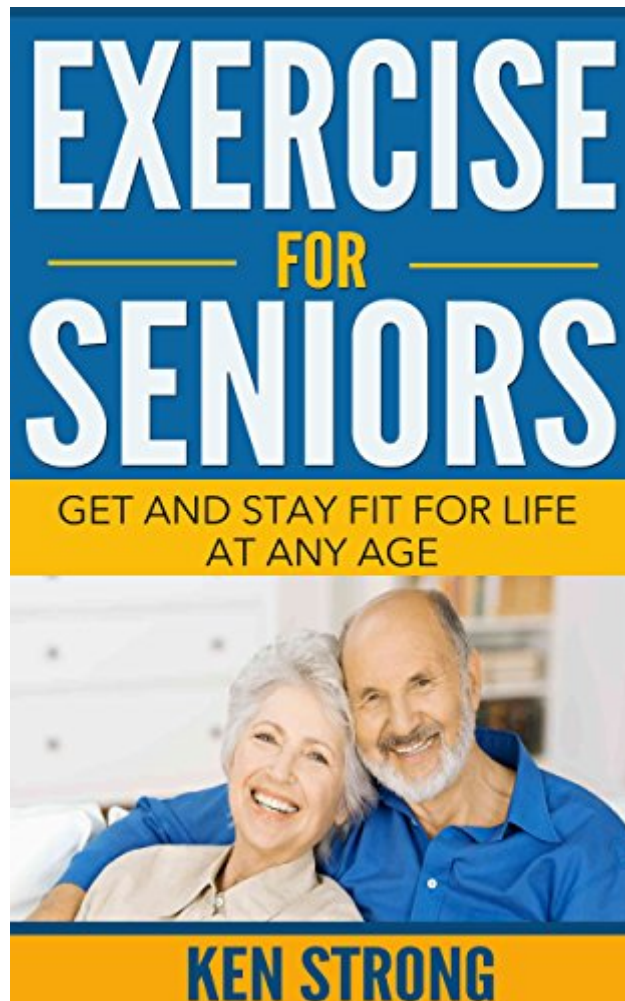


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# Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1)



## Synopsis

A Simple Yet Powerful Science-driven Guide To Safe, Low Impact Exercise For Seniors Of Any Fitness Level

You're about to discover the top 5 safe, low impact forms of exercise for seniors, as well as proven strategies for building your own simple, effective fitness program to get and stay fit for the rest of your life. As we age, fitness gets a little more difficult than it was when we were younger, but that doesn't have to stop us! No matter our age, we deserve to live full, fit, healthy, and vibrant lives and exercise is one major key to having that full life we deserve. There are many fitness programs out there, but they all seem to be for young people who are already in perfect shape. What's going on? In many parts of the world, people over the age of 50 seem to be increasingly ignored and forgotten and that's a real shame. No matter the age, we deserve to be healthy, fit, vibrant, and full of life and this book can help anyone of any age get there with ease. The truth is, if you are over the age of 50 and out of shape (or would like to be in better shape than you are right now), it's not your fault that you are where you are - there really aren't many exercise resources for you to choose from. Because of that, you are lacking an effective strategy and haven't yet changed your lifestyle in order to reach your health and fitness goals. This book goes into simple, safe, and effective strategies that will help you free yourself from the couch and help you to be able to take control of your life. Here Is A Preview Of What You'll Learn...

What To Expect From A New Exercise Program

The Top 5 Safe, Low-impact Exercises You Can Start RIGHT NOW To Get Fit For Life

Getting Started

Maintaining Your Progress

Building An Exercise Program That Fits YOUR Lifestyle

World-class Exercise Resources

Take action right away to start on your path to fitness by downloading this book, "Exercise For Seniors", Download today!

Tags: exercise, exercise over 50, exercise for seniors, safe exercises, low-impact exercises, senior fitness, senior health

## Book Information

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## Customer Reviews

I bought this for my parents since they seem to have been getting more interested in taking care of themselves lately. They're starting to eat healthier, so I thought maybe they'd like to start exercising as well. They read the book over the weekend and have been putting it to use already with good results. I skimmed it a bit before putting it on my mom's kindle and actually ended up getting pretty interested in rebounding after reading the long list of health benefits. The exercises are simple and safe and seem to be well-chosen for the subject. I also thought the section on building a simple straightforward exercise plan was helpful.

Gives clear and precise information to put together the perfect work out foe anyone. You don't have to be a senior to benefit from Ken Strong's instructions.

This is an excellent book for the senior looking to begin an exercise program. It recommends exercises and explains in detail the benefits of each.

Thank you for this easily understood book which explains the benefits and steps to take for those in need of a slower approach to better health . It is perfect for what I need.

Very good for seniors

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Low Carb BOX SET 4 IN 1: 100 Best Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... low carb lunches, low carb dinners,) Low Carb Freezer Meals: 26 Make-Ahead Low Carb Freezer Meals: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb BOX SET 7 IN 1: 165 Amazing Low Carb Recipes You Will Love!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Casseroles: 21 Super Satisfying Low Carb Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low ... Ketogenic Diet to Overcome Belly Fat) Low Carb: Low Carb Diet For Beginners. How To Lose 10 Pounds in 10 Days: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... diet for dummies, low carb high fat diet,) Low Carb Diet - Top 200 Low Carb Recipes Cookbook: (Low Carb, Budget Cookbook, Low Carb Diet, Low Carb Recipes, Atkins Diet, Low Carb Slow Cooker Recipes, Low Carb Living) Get Fit, Stay Fit Younger Next Year: The Exercise Program: Use the Power of Exercise to Reverse Aging and Stay Strong, Fit, and Sexy Low Carb Diet: 15 Healthy And Delicious Low Carb Salads To Lose Weight Fast: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb ... Ketogenic Diet to Overcome Belly Fat) Take Back Your Life!: Using Microsoft Outlook to Get Organized and Stay Organized: Using Microsoft(r) Outlook(r) to Get Organized and Stay Organized (Bpg-Other) Low Carb Diet BOX SET 3 IN 1: 30 Low Carb Snacks + 21 Low Carb Casseroles + 20 Low Carb Soups: (low carbohydrate, high protein, low carbohydrate foods, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Ice Cream: 21 Great Low Carb Sugar Free Ice Cream Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, ... Ketogenic Diet to Overcome Belly Fat) Low Carb Mexican Recipes: 25 Of Your Favorite Mexican Recipes Made Low Carb!: (low carbohydrate, high protein, low carbohydrate foods, low carb, low ... Ketogenic Diet to Overcome Belly Fat) Protect, Backup and Clean Your PC for Seniors: Stay Safe When Using the Internet and Email and Keep Your PC in Good Condition! (Computer Books for Seniors series) Low Carb Diet Book Collection: 90 Amazing Recipes - Low Carb Casseroles, Low Carb Soups, Low Carb Fat Bombs and Low Carb Ice Cream: (Fat Bomb Recipes, ... healthy eating recipes, ketogenic desserts) Extreme Weight Loss: Hypnosis and Affirmations Bundle to Lose Weight Fast, Get Motivated and Stay Fit for Life Low Carb Living Box Set: Low Carb Snacks, Low Carb Desserts, Low Carb Smoothies and Low Carb Italian Recipes