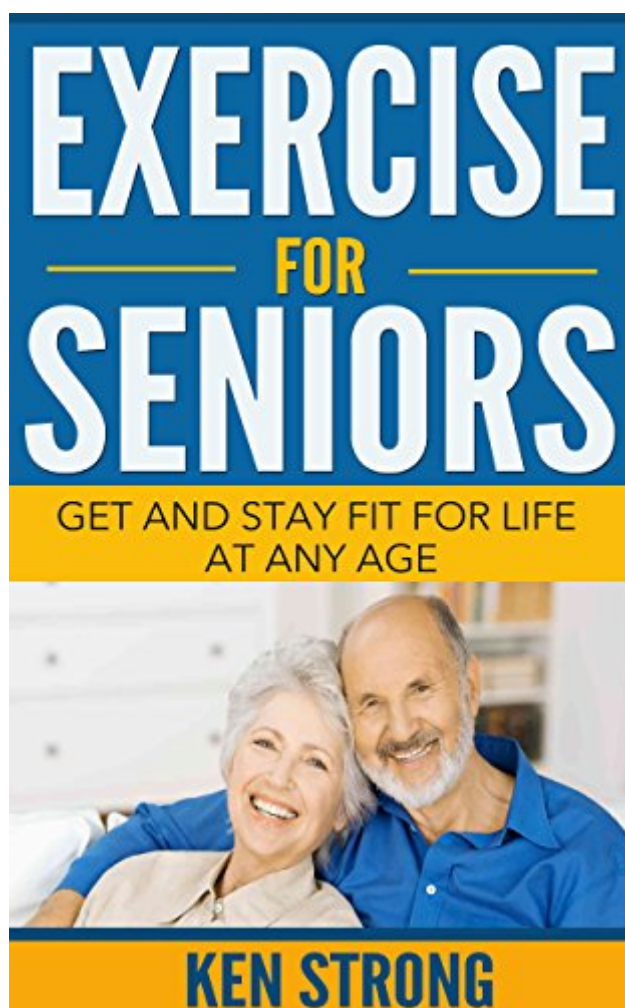


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# Exercise For Seniors - Get And Stay Fit For Life At Any Age (Seniors, Low Impact Exercise Book 1)



## 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 for anyone. You don't have to be a senior to benefit from Ken Strong's instructions.

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.

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.

Ridiculous review that anyone could write on the benefits of, equipment needed, etc for walking, etc.

Very good for seniors

Not much new in this book, but it's good to have the information in one place and easily accessible,

Not very helpful. Waste of money.

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Low Carb: 365 Days of Low Carb Recipes (Low Carb, Low Carb Cookbook, Low Carb Diet, Low Carb Recipes, Low Carb Slow Cooker, Low Carb Slow Cooker Recipes, Low Carb Living, Low Carb Diet For Beginners) Low Carb Cookbook: Delicious Snack Recipes for Weight Loss. (low carbohydrate foods, low carb cooking, low carb diet, low carb recipes, low carb, low carb ... dinner recipes, low carb diets Book 1) Low Carb Diet: Introduction To Low Carb Diet And Recipes Of Low Carb Soups And Casseroles: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb Candy Bars: 25 Low Carb Recipes To Satisfy Your Sweet Tooth: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Don't starve! How to fit into your old jeans in 7 days without starving with a Low Carb & High Protein Diet (low carb cookbook, low carb recipes, low carb cooking) Low Carb Cookbook: 500 BEST LOW CARB RECIPES (low carb diet for beginners, lose weight, Atkins diet, low carb foods, low carb diet weight loss, low carb food list) Keto Bread Cookbook: Real Low Carb Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) The Ketogenic Diet Cookbook: Lose 15 Lbs In Two-Weeks With 66 Perfect Low Carb Keto Recipes: (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: The Ultimate Beginner's Low Carb Guide to Lose Weight Quick without Starving With over 20 Easy Recipes To Follow. (Low Carb, Low Carb Cookbook, ... Diet, Low Carb Recipes, Low Carb Cookbook) Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby 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: Low Calorie Cookbook: 200 High Protein Recipes for Weight Loss, Muscle Building, Healthy Eating and Increased Energy Levels (Low Carb High Protein ... Low Carb Cookbook, Low Carb Diet Book 1) Low Carb: Low Calorie Cookbook: 50 High Protein Recipes Under 500 Calories for Weight Loss, Muscle Building, Healthy Eating & To Increase Energy (Low Carb ... Low Carb Cookbook, Low Carb Diet Book 1) Low Sodium Cookbook: Enjoy The Low Sodium Diet With 35 Tasty Low Sodium Recipes (Low Salt Diet) (Low Salt Cooking Book 1) Get Fit Now For High School Basketball: The Complete Guide for Ultimate Performance (Get Fit Now for High School Sports) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet,

ketogenic Keto Bread Cookbook : (low carbohydrate, high protein, low carbohydrate foods, low carb, low carb cookbook, low carb recipes) Low Carb: Low Carb, High Fat Diet. The Winning Formula To Lose Weight (Healthy Cooking, Low Carb Diet, Low Carb Recipes, Low Carb Cookbook, Eat Fat, Ketogenic Diet)

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