



## Senior Workouts - Stay Fit and Healthy

By M Usman, John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Preface Benefits of Exercise Chapter # 1: What good does it bring? Chapter # 2: Comprehensive List Chapter # 3: Falling Down Aerobic Training Chapter # 1: Introduction Chapter # 2: Weeks 1, 2 3 Chapter # 3: Sample Activity Log Strength Training Chapter # 1: Introduction Chapter # 2: Upper Body Exercises Chapter # 3: Lower Body Exercises Conclusion Author Bio References Publisher Preface Your body does not retain its original quality in terms of shape, strength, flexibility, etc. as you age. With the passage of time, the body loses its original properties and weakens; the heart pumps blood at a slower pace, the bones become more brittle, the veins become worn out and so on. In order to maintain the body in its healthy state, a planned physical routine is necessary. Just because you re aged 50 plus, doesn t mean the time to take care of your body has ended. On the contrary, the time has just come. It is very vital for senior individuals to take care of their body right...



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