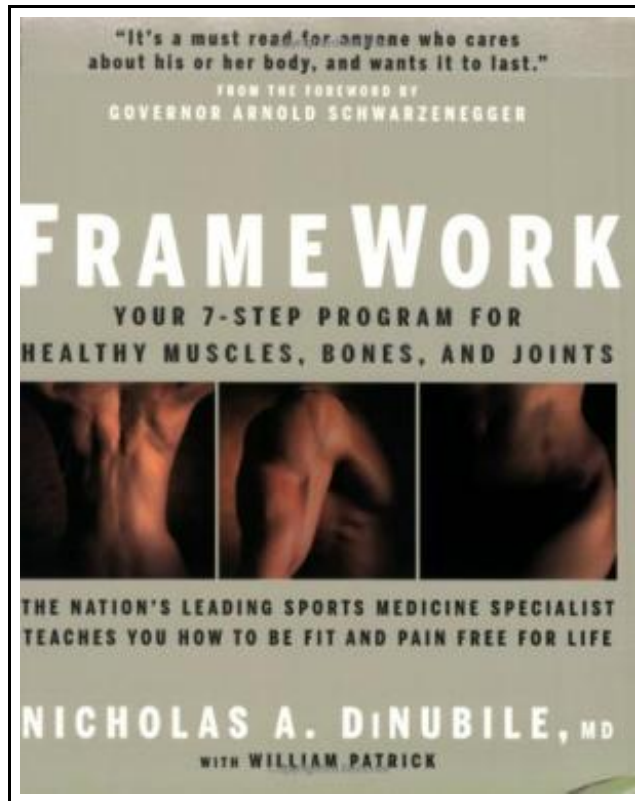


Framework: Your 7-Step Program for Healthy Muscles, Bones, and Joints



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Reviews

An exceptional publication as well as the font employed was exciting to see. it was actually writtern extremely flawlessly and helpful. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Dominic Collins)

FRAMEWORK: YOUR 7-STEP PROGRAM FOR HEALTHY MUSCLES, BONES, AND JOINTS



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Rodale Press. Paperback / softback. Book Condition: new. BRAND NEW, Framework: Your 7-Step Program for Healthy Muscles, Bones, and Joints, Nicholas Dinubile, William Patrick, A renowned orthopedic surgeon provides the first medically proven fitness program designed to help prevent the #1 reason for doctor visits in the United States--bone and joint problemsFitness can't be just about a healthy heart or looking good in a swimsuit. After all, low cholesterol and a flat stomach won't get you very far if back or neck problems, or a worn out knee or shoulder, keep tripping you up.This first-of-its-kind program is designed to ensure that your frame can go the distance, with durability to match the muscle tone and conditioning we all want. And unlike other workouts, Framework starts with a unique self-test that uncovers potential problems with your frame, your workout, your nutrition, and more. It even combines diet and lifestyle advice with a balanced, customizable workout that acknowledges the fact that our bodies are all a little different and often need special attention. It teaches you to pay attention to what your body tries to tell you, and when it is being challenged by a special problem, whether it is a heel spur or stress on the job.Best of all, Nicholas A. DiNubile, M.D., who serves as orthopedic consultant for the Philadelphia 76ers as well as the Pennsylvania Ballet, shows you how to work around--helping without hurting--any muscle or joint problems you may already have. And it all takes only 1 hour a day, 3 days a week.



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