



Keep Your Joints Young: Banish Your Aches, Pains and Creaky Joints

By Sarah Key

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Keep Your Joints Young: Banish Your Aches, Pains and Creaky Joints, Sarah Key, Whether you suffer from aches, pains and creaky joints, or you simply feel old beyond your years, Keep Your Joints Young will help you achieve a better body and a healthier life. Sarah Key, a renowned physiotherapist and bestselling author, shows you how to keep your skeleton young with a series of stretches designed to combat stiffness and joint pain. This practical and accessible guide shows you how to: - spot the tell-tale warning signs of imminent joint problems - take immediate action to reverse the trend - exercise to alleviate joint pain and restore full mobility With stretches to suit all levels of ability and a 30-minute daily regime, Keep Your Joints Young will help you break the bad habits that come with our increasingly sedentary lifestyle.



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Reviews

Extensive guide! Its such a excellent read. This can be for anyone who statte that there was not a worth looking at. I am just effortlessly will get a satisfaction of looking at a written publication.

-- Melvin Hettinger

This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dr. Easton Collier DVM