Recovering from an Injury



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Reviews

This composed book is excellent. This really is for all who statte that there had not been a worth reading through. Your life period will probably be change as soon as you total looking over this ebook.

(Cheyanne Barrows)

RECOVERING FROM AN INJURY



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Preface Introduction Chapter # 1: What is an Injury? Chapter # 2: Symptoms and Diagnosis Recovering From Injury Chapter # 3: After Injury Chapter # 4: Nutrition and Injury Chapter # 5: Staying Fit with an Injury Chapter # 6: Dealing with Stress Chapter # 7: Making the Return Preventing Injuries Chapter # 8: Warm-ups Chapter # 9: Using the Right Equipment Chapter # 10: More Tips on Preventing Injuries Conclusion Author Bio Preface Many have realized the dangers of a sedentary lifestyle. So, we are seeing more people hitting the gym, exercising in the streets, and working out other places. In all fairness, this is a welcome development. Physical activity and good nutrition are the cornerstones of healthy living. However, we have also witnessed a rise in sports-related injuries. Lack of knowledge on how to exercise properly is to blame for this. If you have been exercising for some time, you probably have had an injury before. What is awful is that injuries ruin fitness routines. Finding your motivation after you have been sitting for too long is not easy. Additionally, there is the risk of getting out of shape, and some even end up stressed. Whatever the case, it is important to follow the right techniques for a quick recovery. After all, it is the only chance of getting back into action as soon as possible. A sedentary lifestyle is dangerous and you should not let an injury force you into one. This book will teach you how you can recover from your injury. The process is not simple or straightforward, as there are a number of things that must be right for a quick and...



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