



How to Prevent Falls: Better Balance, Independence and Energy in Six Simple Steps

By Betty Perkins-Carpenter

Senior Fitness Inc, United States, 2006. Paperback. Book Condition: New. 5th. 226 x 183 mm.

Language: English . Brand New Book. The new edition of How To Prevent Falls lays out a common

sense, fun approach to improving both fitness and balance in senior citizens through a series of

simple exercises. It offers seniors and the people who care for them a hands on and practical

guidelines for fall-proofing themselves. Through it s simple descriptions and engaging illustrations

by nationally known cartoonist Jim Whiting, the book first introduces a series of morning stretches

and then balance exercises. Next, ball-handling exercises and multi-tasking all to increase

confidence and capability. Finally, The Slump, a way to practice falling by slumping into a chair or

bed, and Dancing with a Pillow, which puts together balance and movement, exercise and fun. Plus,

an appendix full of tips, checklists, and resources. This book is different as it won t overwhelm you.

The exercises are explained in a few clear sentences and have delightful drawings to follow step by

step. Each chapter assumes you are a beginner and then is followed by an advanced version for you

to try whenever you feel capable. It is not...



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Reviews

Absolutely essential go through publication. It is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dr. Sierra Lowe Sr.**

I actually started out looking at this book. It really is rally interesting through studying time period. I am just happy to inform you that here is the greatest ebook i have read through within my personal daily life and could be he best book for possibly.

-- **Miss Myrtice Heller**

Relevant Books



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Createspace, United States, 2012. Paperback. Book Condition: New. 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Save children's lives learn the discovery of God Can we discover God? What does science prove?Why we were never...



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Minecraft Diary Minecraft Zombie World Book 1. Better of Dead The dead came back to life and ate everyone.Except for...



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...