



Full Life Fitness: A Complete Exercise Program for Mature Adults

Janie Clark

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"Full Life Fitness" aims to help older adults enjoy the benefits of physical exercise while avoiding the fatigue and overexertion associated with many exercise plans. It focuses on the special needs of older adults by featuring only low-stress and no-stress exercises. All of the exercises are designed to help avoid pulled muscles, undue soreness, overtaxed joints, and excess fatigue. "Full Life Fitness" covers four major categories of exercise: aerobics, muscle conditioning, stretching, and water workouts. Readers will learn the benefits of these four exercise types as well as how to match physical fitness goals with the right exercises for achieving them. The book also features complete instructions and informative illustrations for a wide variety of exercises in each of the four categories. And it includes specific recommendations on which exercises readers should be doing, how long, and how often. Readers will also learn how to use the exercises to put together their own complete exercise programme. Or they can choose from the ready-to-use 3-day, 4-day 5-day, and 30-day plans.



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