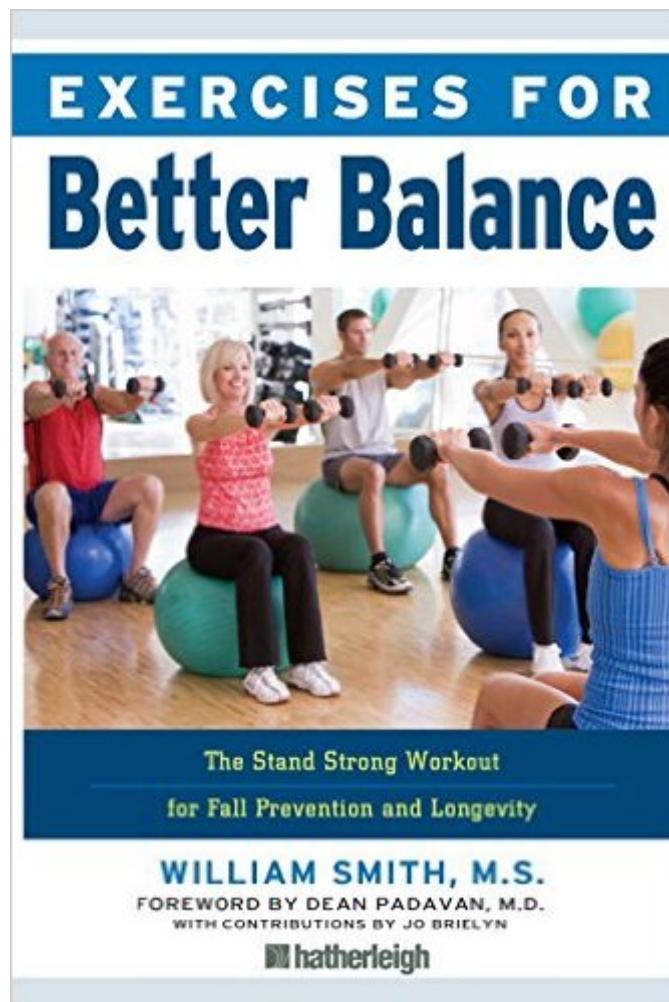


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# Exercises For Better Balance: The Stand Strong Workout For Fall Prevention And Longevity



## **Synopsis**

IMPROVE YOUR BALANCE WITH THE STAND STRONG PROGRAMGood balance is essential. Recent scientific studies point to good balance as an indicator for longevity. As we age, our balance and coordination begin to diminish, leading to a higher risk of falls. In fact, falls are the leading cause of injury among Americans over age 65. The Stand Strong workout presented in this handbook will guide you to improved balance through simple, easy to follow exercises. Now you can reclaim your independence and restore your confidence by improving your coordination and regaining your sense of balance by using Exercises for Better Balance as your guide to freedom and mobility, while helping you to lessen the risks of falls, improve your posture, and restore motor control, all while increasing your strength and energy. Exercises for Better Balance builds balance through resistance exercises, flexibility, and cardiovascular activities that fit any schedule. Exercises for Better Balance includes:- A detailed overview of how exercise can help improve balance- Clear, informative pictures of safe, effective exercises- Detailed instructions on how to perform each movement- A complete fitness approach to recovering balance- A training log to track your progressFeaturing expert-approved fitness techniques, with options ranging from resistance training to mobility movements, Exercises for Better Balance is the all-in-one resource for anyone looking to stand strong and walk proud!

## **Book Information**

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## **Customer Reviews**

I purchased this book about a month ago! It has great exercises to improve your balance! It's useful

for the young and old. I am 60 years old and feel anything I can do to prevent a fall and subsequently a fracture is worthwhile! Another great exercise book by William Smith!

Nice book with good pics and an exercise plan for each level of accomplishment

If you are truly a beginner to the 'exercise world' or if you want something to do that isn't really challenging, then perhaps you will be okay with this book.

Very few pages on balance.

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Exercises for Better Balance: The Stand Strong Workout for Fall Prevention and Longevity Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) The Better Sex Workout for Men: Best Exercises For Better Sex Through Sex-Enhancing Workouts Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) NYC Ballet Workout: Fifty Stretches And Exercises Anyone Can Do For A Strong, Graceful, And Sculpted Body Balance is Power: Improve Your Body's Balance to Perform Better, Live Longer, and Look Younger Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Calisthenics: Becoming A Greek God - Shredded Through Calisthenics And Street Workout (Bodyweight Training, Street Workout, Calisthenics) Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) The Ayurveda Encyclopedia: Natural Secrets to Healing, Prevention & Longevity Strong Starts in the Mind: Workout Journal #1 Strong Women, Strong Bones: Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Updated Edition Strong Women, Strong Bones: Everything you Need to Know to Prevent, Treat, and Beat Osteoporosis 400 STRONG VERBS FOR ROMANCE AND EROTICA WRITERS (Strong Verbs for Writers Book 1) Start Strong, Finish Strong Strong Fathers, Strong Daughters Devotional: 52 Devotions Every Father Needs Strong Verbs Strong Voice

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