



Supercharged Fitness for Seniors (Paperback)

By Mirsad Hasic

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Discover How Easy it is to Strengthen Your Aging Body and Live the Life You Deserve without Limitations As a senior, you are living a life free from any kind of obligations, comparing to your younger years. For example, you are not committed to a job, being a full time parent and living a stressful life in general. While most people on this earth needs to deal with similar life situations, you can t avoid thinking about what is happening with your body as you get older, which is. Is it Really Necessary to Beg Others for Help All the Time? As a senior you will often have more issues with motivating yourself to work on your fitness because after all, you can t see why you should get started with something that you have not done your whole life. Further, in my experience, seniors often believe firmly in one of the biggest myths related to working out, namely that it s natural and a part of their aging that they are not able to perform the same activities as they...



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