


[DOWNLOAD](#)


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...



READ ONLINE
[2.45 MB]

Reviews

This pdf is wonderful. This can be for anyone who statte there had not been a well worth studying. You are going to like just how the writer write this pdf.

-- **Mrs. Adriana Schmidt V**

The book is fantastic and great. It is filled with wisdom and knowledge I am just easily will get a enjoyment of looking at a composed publication.

-- **Bradley Hahn**

Relevant PDFs



The Mystery of God s Evidence They Don t Want You to Know of

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...



13 Things Rich People Won t Tell You: 325+ Tried-And-True Secrets to Building Your Fortune No Matter What Your Salary (Hardback)

Reader s Digest Association, United States, 2013. Hardback. Book Condition: New. 231 x 160 mm. Language: English . Brand New Book. Did you read about the janitor who donated million dollars to his local library? Do you ever watch in amazement...



Weebies Family Halloween Night English Language: English Language British Full Colour

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Children s Weebies Family Halloween Night Book 20 starts to teach Pre-School and Junior Children how to read with this...



Smile/Cry: Happy or Sad, Wailing or Glad - How Do You Feel Today?

Exisle Publishing (Australia). Hardback. Book Condition: new. BRAND NEW, Smile/Cry: Happy or Sad, Wailing or Glad - How Do You Feel Today?, Tania McCartney, Jess Racklyeft, An innovative flip-over picture book for young kids, showcasing the full emotional range of their formative...



Minecraft Diary: Minecraft Zombie World Book 1. Better of Dead (an Unofficial Minecraft Book): (Minecraft Books, Minecraft Diaries, Zombie Minecraft, Minecraft Comics, Minecraft Adventures)

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...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)

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...