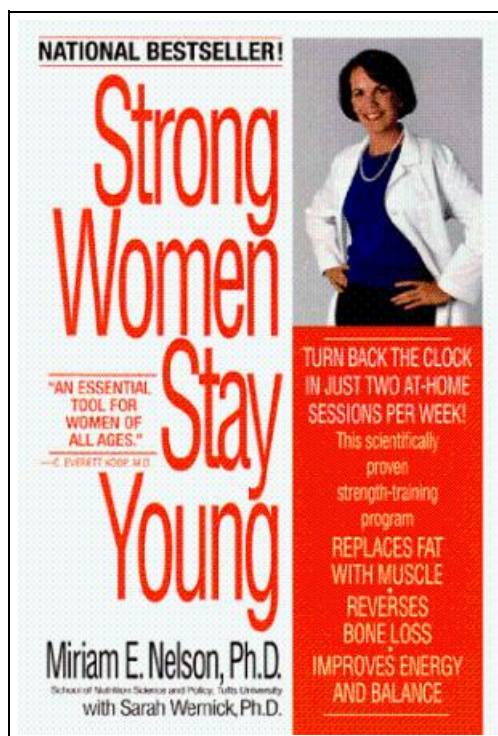


Strong Women Stay Young



Filesize: 4.3 MB

Reviews

I actually started out looking at this book. It really is rally interesting throgh 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.
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STRONG WOMEN STAY YOUNG



Condition: New. Ships From Canada. New. No dust jacket as issued. Trade paperback (US). Glued binding. 288 p. Contains: Illustrations. Audience: General/trade. Book Description: Miriam E. Nelson's research created news worldwide when the results were published in the Journal of the American Medical Association. After a year of strength training twice a week, women's bodies were 15 to 20 years more youthful. Without drugs, they regained bone, reversing osteoporosis. They became stronger--in most cases even stronger than when they were young. Their balance and flexibility improved. They were leaner and trimmer, while eating as much as ever. What's more, the women were so energized, they became 27 percent more active. No other program--whether diet, medication or aerobic exercise--has ever achieved comparable results. Strong Women Stay Young shows women how to get the same remarkable benefits at home or office, working out just twice a week. Individualized instructions get couch potatoes started--and hel.



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