



# **Beat Osteoporosis with Exercise: A Low-Impact Program for Building Strength, Increasing Bone Density and Improving Posture**

*Karl Knopf*

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## **Beat Osteoporosis with Exercise: A Low-Impact Program for Building Strength, Increasing Bone Density and Improving Posture** Karl Knopf

PREVENT BONE LOSS AND DECREASE THE RISK OF INJURY WITH THIS FULLY-ILLUSTRATED WORKOUT GUIDE

As you get older, osteoporosis is a big concern. Luckily, there are things you can do to keep it from adversely affecting your life. Featuring more than 100 step-by-step exercises divided into detailed fitness plans, "Beat Osteoporosis with Exercise" guarantees that, regardless of your current fitness level, you can radically improve all aspects of your health, including:

Preventing bone loss

Increasing mobility

Avoiding fractures

Building strength

Lowering risk of injury

Improving balance

Fixing posture

As these exercises become a regular habit, you'll have an improved and sustainable quality of life while engaging in your favorite physical activities, such as golf, hiking, fishing, tennis or even salsa dancing. This book's safe, age-appropriate, customizable approach to exercise offers stability to your bones while lowering risk of injury."

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