



Bonnie Prudden's After fifty fitness guide

BONNIE PRUDDEN

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"It is pain that ages us, not years." A book that can really change your life? Yes! Bonnie Prudden does more than inspire. She shows you, step-by-step how to maintain, repair, tune up, and take charge of your body, your mind, and your spirit. "Anyone can look and feel younger by getting rid of their muscle pain," says Bonnie Prudden. "And the old saw, 'No pain, no gain.' is bunk!" she adds. In AFTER FIFTY FITNESS GUIDE, Bonnie specifically tailors her proven trigger point Myotherapy pain relief and corrective exercise techniques to the needs of senior Americans. Prudden sees the over-50 crowd as "the last fit Americans. This group is comprised of the naturally fit generations whose childhoods were spent in body-building chores and creative, active play out of doors. They are the last to walk to school no matter what the weather," Prudden explains. Their bodies can be reclaimed and with the help of trigger point Myotherapy made more comfortable and efficient. Bonnie Prudden's After Fifty Fitness Guide, filled with photographs, charts, and drawing, will help you discover ways to keep fit, supple, and strong with over 100 completely illustrated exercises, from warm-ups, stretches, and strenuous exercises for the already fit, to "Bed Ballet" for the convalescent and stretches and bends that can be done in a chair or with a walker. "Most people think of a walker as a bridge from bed to crutches. I think of it as an inexpensive piece of exercise equipment." You'll also learn how to get rid of muscle-related pain using Bonnie Prudden Myotherapy pain erasure techniques. Improve the quality of your life through work, play and good relationships, boundless joy and...above all...exercise every day.

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