



Water Fitness After 40

Ruth Sova, Julie See

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Explains how adults can use water exercises to stay healthy, active and independent throughout their lives. The book offers a safe and convenient exercise programme which lessens the risk of injury, reduces muscle soreness, and banishes boredom. Regardless of their age or fitness level, readers should find water activities which will help slow the effects of ageing; improve how they feel and look; speed up their metabolism so that they will burn calories faster; enhance strength, flexibility and endurance; and make exercising enjoyable.

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