



Exercise Beats Arthritis: An Easy-to-Follow Program of Exercises

By Valerie Sayce, Ian Fraser

Bull Publishing Company, United States, 1999. Paperback. Book Condition: New. 3rd Revised edition. 229 x 185 mm. Language: English . Brand New Book. Supporting the current medical and scientific evidence showing that exercise is one of the most useful and direct methods that anyone can use to combat most forms of arthritis, this book offers a well-organized program that will help arthritis sufferers of all ages manage the problems of living with this condition. Helpful photographs make the instructions for each group of exercises clear and easy to follow.



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