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TREATING ARTHRITIS EXERCISE BOOK



SPCK Publishing. Paperback. Book Condition: new. BRAND NEW, Treating Arthritis Exercise Book, Margaret Hills, Janet Horwood, If you have arthritis, it's all too easy to let pain and restricted activity become a way of life. With this illustrated collection of easy-to-follow exercises, you can gently boost levels of fitness and flexibility. The exercises balance rest, movement and relaxation in a way adapted to the needs of those with arthritis. Topics include; Assessing your fitness level and how arthritis affects you...

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- Authored by Margaret Hills, Janet Horwood
- Released at -



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