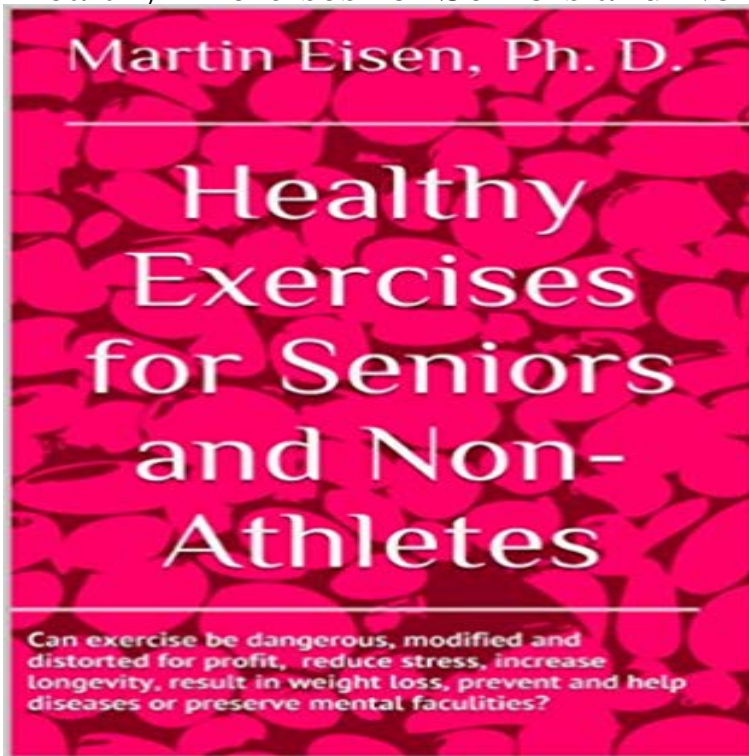


## Healthy Exercises for Seniors and Non-Athletes



Learn about healthy exercise for seniors and non-athletes and how to choose them. Can exercise be dangerous?. Non strenuous and short duration exercises can keep you healthy. These exercises require no uniforms, special equipment or large space and can be done anywhere. Is exercise the main factor for weight loss? Which activities are suitable for stress relief, longevity, prevent and cure diseases, preserve your mental faculties? Doctors must read this book to advise patients.

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