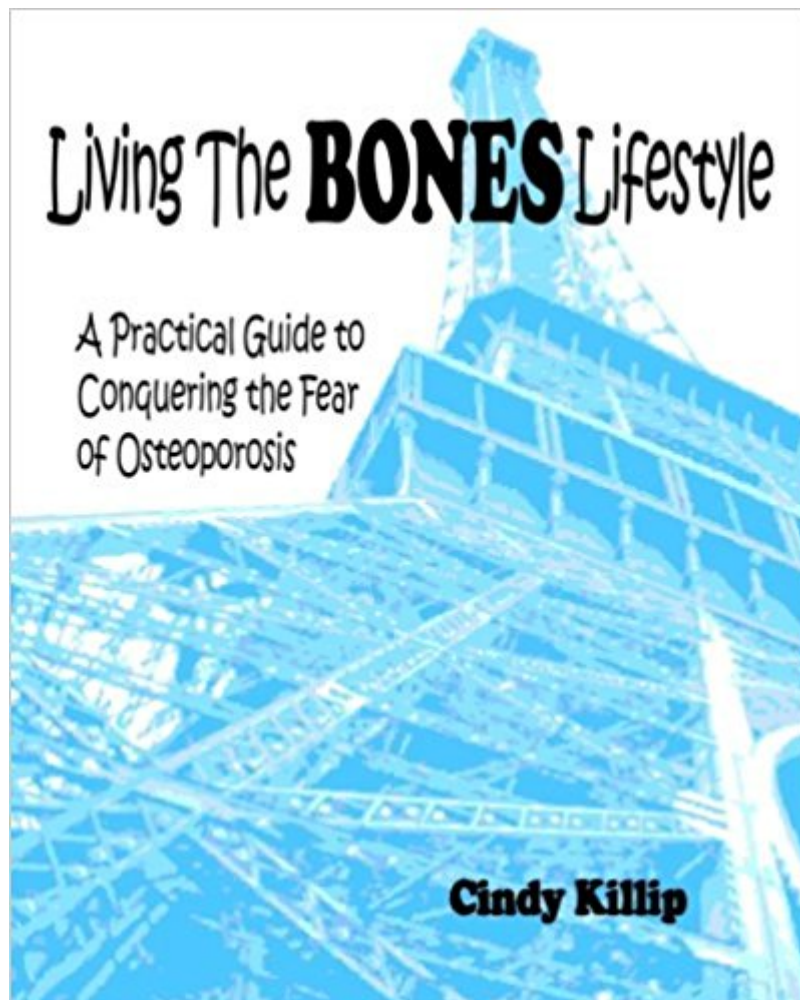




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Living The BONES Lifestyle: A Practical Guide To Conquering The Fear Of Osteoporosis



Synopsis

This award-winning book is more than just a how-to guide. It gets straight to the underlying principles of bone health and offers practical solutions in a clear, concise format with detailed illustrations. The perfect balance of playfulness and interesting facts makes this difficult material easy to read and easy to remember. The balance and strength training exercises are clearly described and easy to do. The culmination of 6 years of reviewing, compiling, and applying research, Living The BONES Lifestyle will forever change the way you think about your bones. It's time to conquer the fear and enjoy your life.

Book Information

Paperback: 240 pages

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Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,136,176 in Books (See Top 100 in Books) #85 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #338 in Books > Medical Books > Medicine > Internal Medicine > Rheumatology #430 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Musculoskeletal Diseases

Customer Reviews

Known as "The Balance Coach" in Corvallis, Oregon, Cindy Killip is a master at making difficult concepts and complex subject matter easy to understand. She holds multiple degrees and certifications and has been teaching and writing about exercise and wellness since 1989.

Cindy's innovation, wealth of knowledge, compassion and humor put her in high demand as an Advanced Health and Fitness Specialist, Personal Trainer, and Public Speaker.

Participate in "bones and balance" class through LBCC in my town and this book is the research from OSU that goes along with the class. Very happy with this book and the information it offers.

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