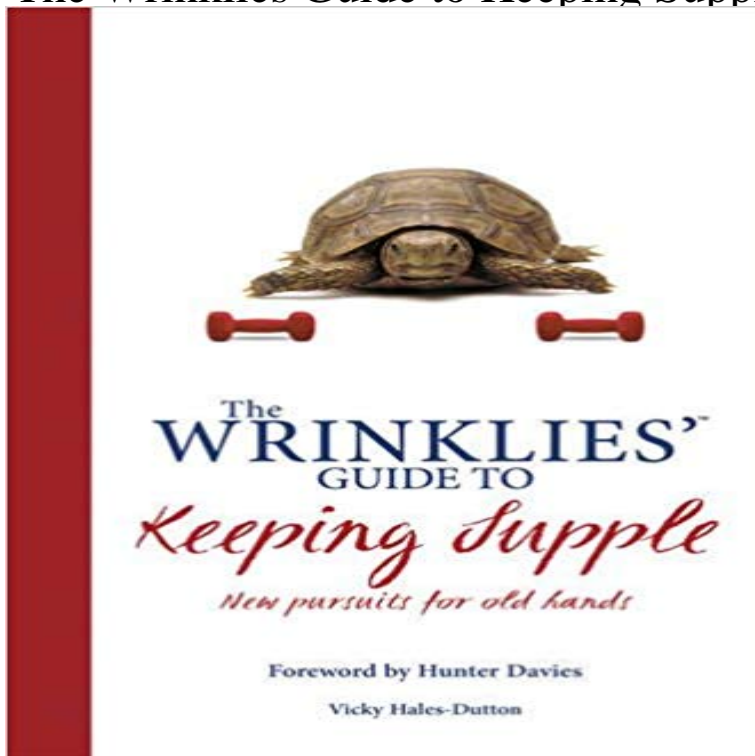


The Wrinklies Guide to Keeping Supple



For seniors who are bored with the confines of their armchair, everything needed to keep old bones strong. A host of stretches, yoga postures, swim strokes, and tailor-made routines are collected here: everything a health-conscious wrinkly could want. Readers will be inspired to put down the crossword and teacup and take up walking, cycling exercises for core stability, and so much more. With chapters on diet for suppleness, joint care, and general health, readers can forget about arthritis and think about athletics wrinkly-style. As if all this wasn't enough to thrill an old heart, there is a series of wrinkly daily suppleness challenges at the end of the book that will gently push one's limits but still ensure that one can get up again in the morning.

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