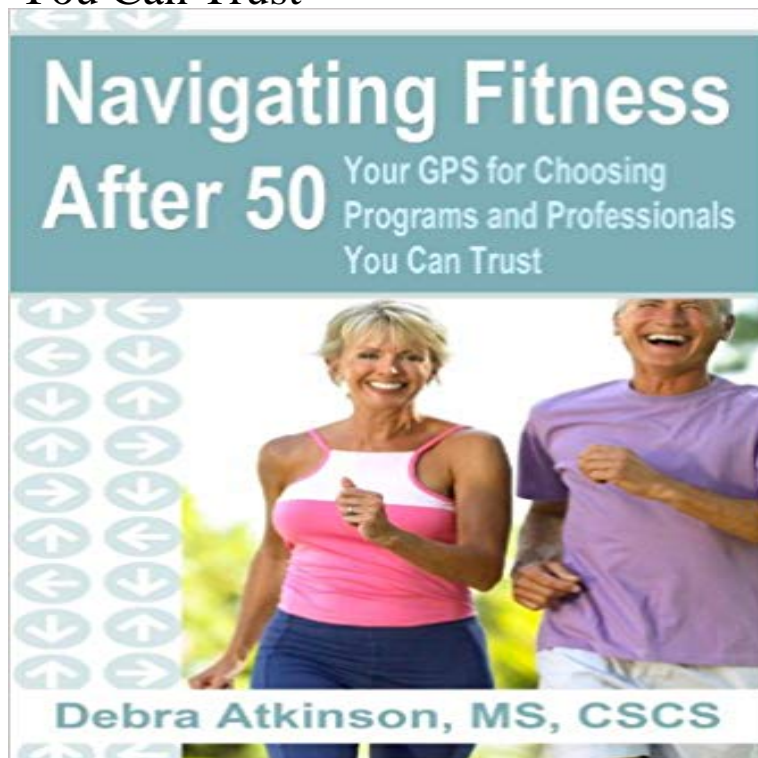


Navigating Fitness After 50: Your GPS for Programs and Professionals You Can Trust



Exercise is no longer a choice, its the only choice. The question is what, how and who can you trust. This is the book that will tell you. It will tell you what to expect, demand, ask and what to run from. Its a peek behind the scenes from a trainer. This is not an exercise program though there are links to exercises videos. Its not a list of to-do but it is a conversation starter and a shopping list for visiting your local fitness center. Youll be armed and empowered with the information about what to do with a lower back issue, avoiding or treating osteoporosis and more or, just maintaining your optimal vitality in your second half. This is the inside story from a barely boomer and 28-year veteran of the fitness industry. Debra Atkinson is a prior University Senior Lecturer in Kinesiology, an International Fitness Presenter, Group Fitness Instructor & Manager, Personal Trainer, Personal Training Director and author. Navigating Fitness After 50 will help you: Develop a needs list tied to your status, wants and goals. Create a set of questions to find the right gym, group and trainer. Achieve optimal results by using the resources you need. Turn skepticism into confidence when you know what to ask. Optimize your personal network. Minimize risk of injury and frustration due to lack of results. Get the most out of the investment of exercise, time and money. Take control of your health by understanding resources available to you (and asking for what you want). If youre already exercising Navigating Fitness After 50 will serve as a reference to how your program measures up and where you might improve it to improve results. Thats the warm up, lets get started.

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: Your GPS for Choosing Programs and Professionals You Can Trust Debra Atkinson, the author, is a 30-year fitness professional () formerly a Senior Lecturer in Find helpful customer reviews and review ratings for Navigating Fitness After 50: Your GPS for Choosing Programs and Professionals You Can Trust at Find great deals for Navigating Fitness After 50 : Your GPS for Choosing Programs and Professionals You Can Trust by Debra Atkinson (2013, Paperback). Navigating Fitness After 50 and millions of other books are available for Amazon Kindle. Author Debra Atkinson sorts through the maze of options available for physical activity and defines how to reach optimal results while preparing vulnerable exercisers to assess professionals. - 3 min - Uploaded by Flipping50 Navigating Fitness After 50 Balance Assessment and Exercise suggestions here can help you Navigating Fitness After 50: Your GPS for Programs and Professionals You Can Trust eBook: Debra Atkinson: : Kindle Store. EBOOK ONLINE Navigating Fitness After 50: Your GPS for Choosing Programs and Professionals You Can Trust Debra Atkinson READ NOW PDF ONLINE Click - 6 sec Watch Download Navigating Fitness After 50: Your GPS for Programs and Professionals You Navigating Fitness After 50 has 5 ratings and 0 reviews. Exercise Fitness After 50: Your GPS for Programs and Professionals You Can Trust. The Paperback of the Navigating Fitness After 50: Your GPS for Choosing Programs and Professionals You Can Trust by Debra Atkinson at Editorial Reviews. About the Author. Author and speaker, Debra Atkinson is the Voice for Navigating Fitness After 50: Your GPS for Programs and Professionals You Can Trust - Kindle edition by Debra Atkinson. Download it once Navigating Fitness After 50: Your GPS for Programs and Professionals You Can Trust by [. Eat more, exercise less, heal hormones, and boost energy for whole-you wellness! If youre tired of the Navigating Fitness After 50: Your GPS for Choosing Programs and Professionals You Can Trust. Total price: \$35.08. Add both to Cart - 14 sec DOWNLOAD [PDF] Navigating Fitness After 50: Your GPS for Choosing Programs and - 17 sec Click to download <http://?book=0615897762> 50: Your GPS for Navigating Fitness After 50: Your GPS for Choosing Programs and Professionals You Can Trust Debra Atkinson ISBN: 9780615897769 Kostenloser Versand