



## Health and Fitness Over Fifty

By O'Connor, Bob; Wells, Christine L.

The Crowood Press Ltd. Book Condition: New. This text sets out to help readers develop a plan to achieve optimum health, to provide suggestions for motivation for sticking to the plan, and to establish goals to strive for. The book also seeks to reverse many of the adverse effects of ageing and to help develop a greater joy in living. Num Pages: 192 pages, 50 b&w photographs, 60 line drawings. BIC Classification: VFM. Category: (G) General (US: Trade). Dimension: 235 x 165 x 16. Weight in Grams: 448. . 1999. Paperback. . . . Books ship from the US and Ireland.

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