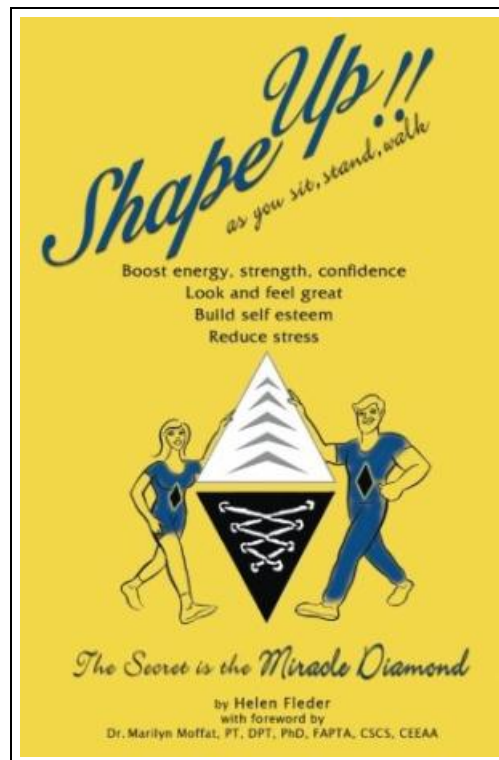


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Shape up as you sit, stand, walk is a small self-help fitness guide that includes an amazing way to gain energy, flexibility, strength and even self-confidence by improving your posture, no matter the age of the reader. It describes A MIRACLE DIAMOND, an instant slouch-to-stretch posture reminder that our muscles can remember! It includes a composite of sound advice relating to factors that are within our control and influence our achieving a healthy and long life. It also includes wisdom that can make a positive impact on our lives. The format of the book is easily readable and many illustrations help to make the text more cognitive. Imagery is used throughout the book to enhance better understanding of some of the text. The book focuses on three of the most critical elements that help us to live well and live longer; attitude, lifestyle and the ability to relax tension when we are under stress. The first chapter contains an overview of all elements and levels of fitness such as diet, exercise and stress management. Explains how and why we need to include in an exercise regime, specific techniques that will keep our heart strong, muscles toned and spine flexible. We can do this at home and can fit comfortably into our daily lifestyle. The information is basic, simplified and appropriate for the average readers needs and skills. It explains why physical and mental activities influence longevity and why, as we age, we need to stretch and tone muscles that will help us to maintain balance, flexibility and agility so that we can remain active and self-reliant, even into our senior years. Spine alignment, or posture, is the theme of the...

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