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exercise manual for seniors as we grow old we realize we can't do some things we used to do when we were much younger as our whole body ages explorations from research state that older people are more prone to getting infected with diseases and illnesses like cardiovascular diseases high blood pressure etc exercise has proven to help not just the young but also the seniors as it aids in the prevention of diseases improves mental health improves balance and muscle development aids digestion etc you know you don't have to go to the gym to keep your exercise routine going this book exercise manual for seniors is a handbook that serves as a guide to help you through your workout routine as it provides easy home training steps for both beginners and pros get it now

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