



Simple Circles: An Exercise Program for Seniors & Their Families

Howie Bell

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Simple Circles is a simple yet complete exercise program for sedentary seniors who are not practiced in any regular exercise in their daily routine. This program of 10 easy-to-perform exercises can be implemented by virtually any senior and completed in about 10 minutes a day to regain or maintain flexibility and range of motion. Author, Howie Bell, recounts an injurious fall that his father took as the inspiration for this book, and assures readers that better health and fitness is possible with a simple focus on circular motion exercises.

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