



Exercises for Healthy Joints: The Complete Guide to Increasing Strength and Flexibility of Knees, Shoulders, Hips, and Ankles

William Smith

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As an increasing number of people are living longer, joint pain is becoming more common. However, exercise can play an integral role in promoting joint health by strengthening cartilage and ligaments. Even low-impact exercise can help to prevent joint pain. Exercise is a natural way to keep joint pain and arthritis in check at any age, and studies suggest that implementing exercise later in life can drastically reduce one's chance of developing joint-related pain.

Exercises for Healthy Joints shows you how to avoid joint pain through physical activity. You'll also learn about the causes of different types of joint pain and, if exercise is not enough, which surgeries may be necessary for different joint-related issues. Loss of muscle mass, bone, and flexibility does not have to be part of your aging process, and *Exercises for Healthy Joints* will show you how to remain active and healthy longer.

Exercises for Healthy Joints also includes:

- * Clear pictures of safe and effective exercises
- * Detailed instructions on how to perform each exercise
- * New research concerning long-term joint health and the benefits of exercise
- * Overview of joint anatomy and types of joint pain
- * A training log to track progress

Exercises for Healthy Joints features easy-to-follow sequences designed for the home or the gym with minimal equipment. It is an essential health reference guide.

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