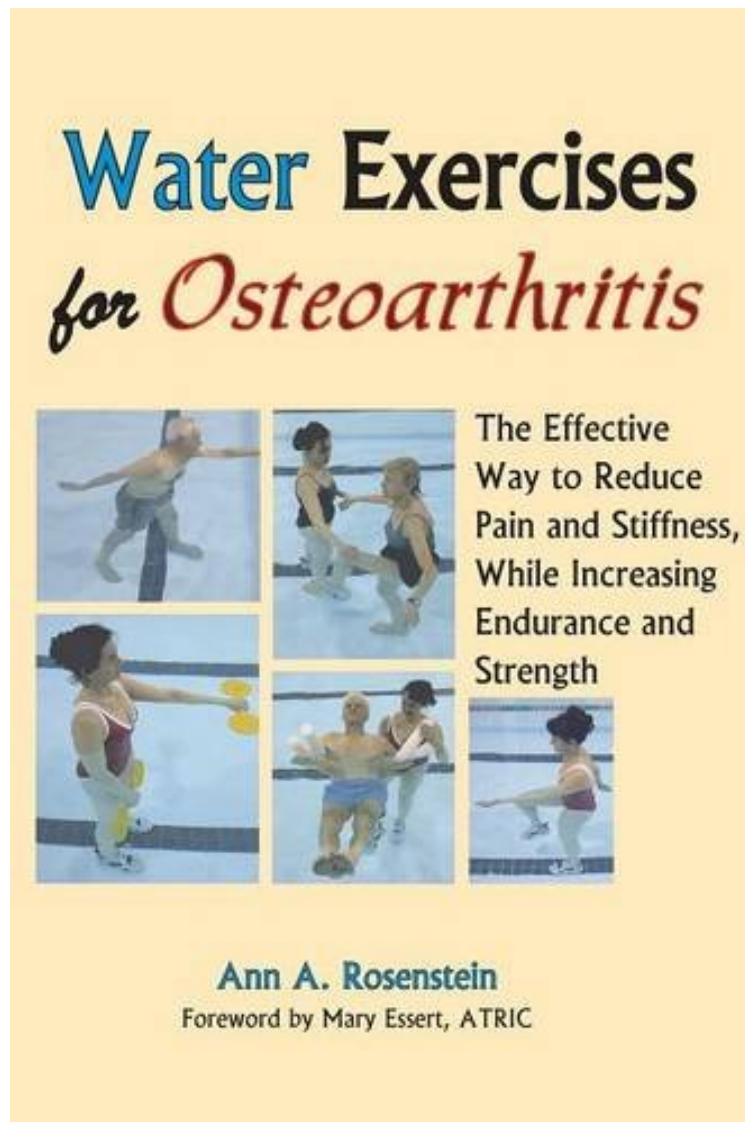


(Get free) Water Exercises for Osteoarthritis: The Effective Way to Reduce Pain and Stiffness, While Increasing Endurance and Strength

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Ann A. Rosenstein

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Ann A. Rosenstein : Water Exercises for Osteoarthritis: The Effective Way to Reduce Pain and Stiffness, While Increasing Endurance and Strength before purchasing it in order to gage whether or not it would be worth my time, and all praised Water Exercises for Osteoarthritis: The Effective Way to Reduce Pain and Stiffness, While Increasing Endurance and Strength:

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Water Exercises for Osteoarthritis contains over 100 individual exercises and examples of exercise routines. It is richly illustrated with over 500 pictures so the reader can see all of the elements that go into an exercise program: equipment, warm-ups, stretching, aerobic exercises, strength exercises, balance exercises, exercises focusing on the abdominals, neck exercises, and cool downs. Included, also, is information on medications, vitamins and minerals, herbs, diet, and nutrition. Osteoarthritis is the most common form of arthritis, affecting over 21 million people in the United States. As Americans age, the number of people affected is expected to increase to 40 million by 2020. The pain of osteoarthritis causes people to stop exercising and leaves them vulnerable to all of the health risks associated with a sedentary lifestyle. Luckily, water exercises provide a way to reduce the pain and stiffness of arthritis. At the same time they increase endurance and strength. Rather than making osteoarthritis worse, exercise actually helps you get better physically and emotionally. The physical benefits of water exercise include easier movements and more energy. The psychological benefits include increased independence, less depression and anxiety, and an overall feeling of well being. Water Exercises for Osteoarthritis will help you get all of this and more.

About the Author Ann Rosenstein has been a water and land fitness instructor since 1989. She is certified through the Aquatic Exercise Association (AEA), the American Council on Exercise (ACE), the Aerobics and Fitness Association (AFAA) as a fitness instructor and as a personal trainer, Nautilus Cycling, LIFT, and the Physicalmind Institute. Ann has also written Water Exercises for Parkinson's, Water Exercises for Fibromyalgia, and Water Exercises for Rheumatoid Arthritis.