



Exercise Beats Arthritis. An Easy to Follow program of Exercises

Valerie Sayce

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REvised and updated- with new chapters on Water Exercise and Aerobics. You can do something. Arthritis affects one in five at some time in their lives, but you can be positive, seek professional help, get the right advice, and act on it. You can help yourself. Regular exercise makes you more mobile, strengthens your muscles, relieves stiffness and reduces pain. You can feel better. You can take responsibility.

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