



Strong Bones for Life. Joan Bassey ... [Et Al.]

E. J. Bassey

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This book contains dozens of recipes packed with ingredients that boost bone health, from breakfasts to main meals, as well as a specially devised home exercise regime that helps prevent or reverse the effects of bone loss. Readers can assess their current level of fitness and follow a full programme of weight-bearing and resistance exercises along with warm-up and cool down routines, whether they are super fit or have weak knees. A comprehensive range of exercises to build and maintain bones * Information on adjusting the exercises to suit personal fitness, strength and flexibility levels * Over 100 easy-to-prepare recipes * A full explanation of bone structure and the various conditions that affect bone health * Coverage of the medical treatments and medications currently prescribed for bone loss

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