

NEVER TOO OLD TO EXERCISE



GUIDING YOU TOWARDS
HEALTH & LONGEVITY

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Foreword

Aging is a natural process that every human being goes through and it starts from the very onset of birth. However, the actual “aging” is only really visible when the individual is considered to be quite advanced in age. It should be noted though, that the aging process should not in any way hamper keeping an exercise regimen and in fact exercising should ideally continue but at a gentler pace and design. Get all the info you need here.



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Guiding you towards health & longevity

Chapter 1:

Aging & Exercise

There are several different aspects to consider when deciding on a suitable exercise regimen for an aged individual and below are some of the areas that should be given due consideration and understanding before the exercise program is designed:

