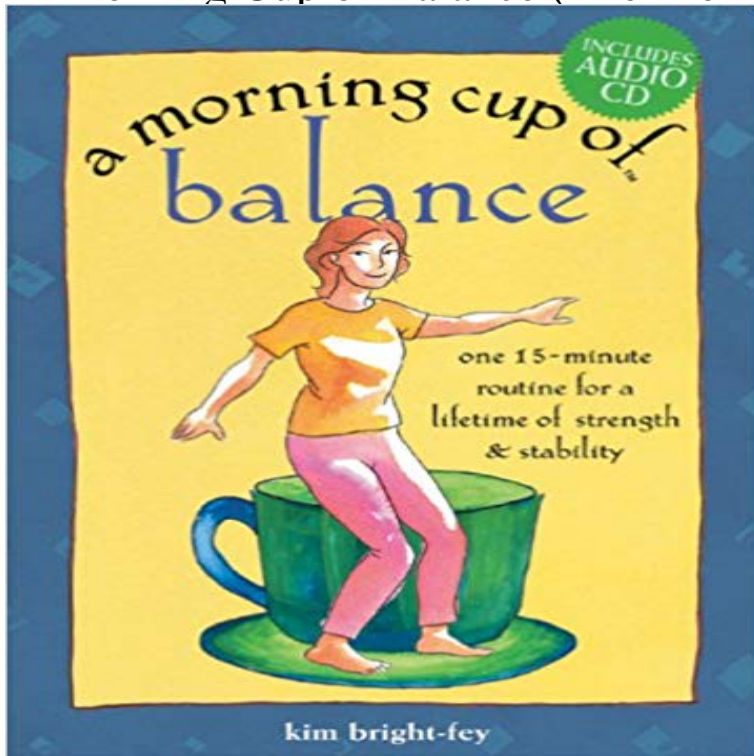


A Morning Cup of Balance (The Morning Cup series)



Good balance makes every exercise routine easier, and even ordinary walking, standing, sitting, and bending are much more comfortable after some training in balance. Exercises that also build flexibility and strength work best to adjust and improve a person's sense of balance, and this guide provides step-by-step instructions for a daily 15-minute workout that will increase confidence, relaxation, and gracefulness in movement. Particularly helpful for active older people who want to maintain agility and strength with a quick and simple morning exercise routine, the accompanying CD also goes through the exercises and offers tips to enhance well-being.

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