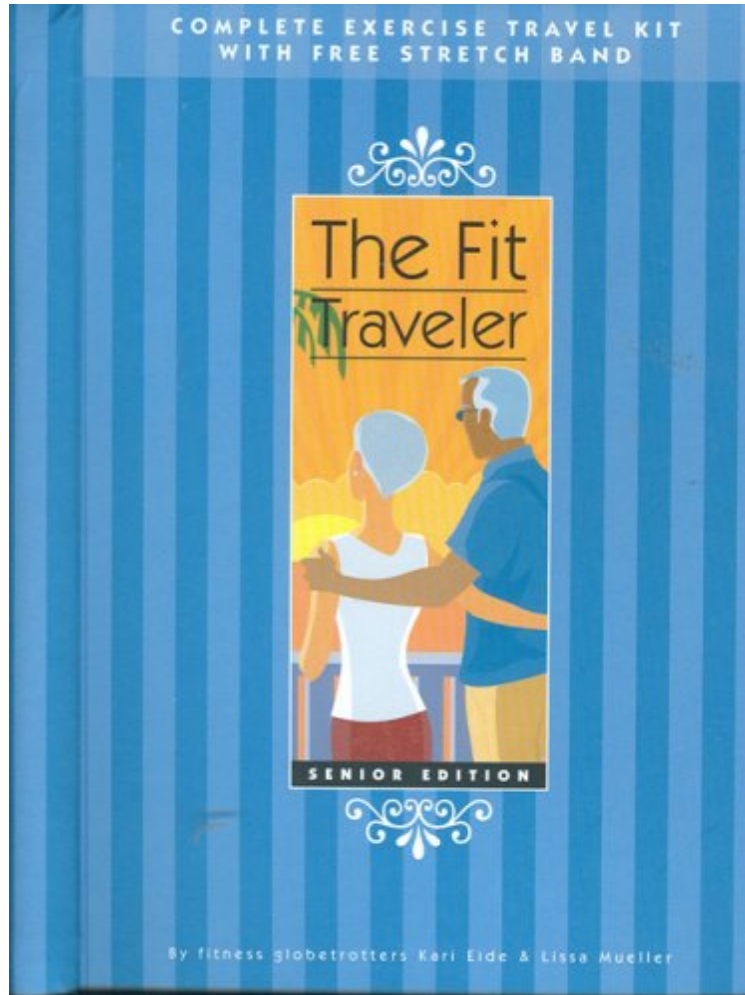


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The Fit Traveler - Senior Edition

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Edition provides detailed instructions with black-and-white photographs for exercises that can be performed anywhere, anytime, from wall push-ups to a wealth of exercises for the legs, arms, shoulders and much more involving a simple stretch band - included with the book! The spiral binding allows The Fit Traveler Senior Edition to lay flat for easy reference to exercises while performing the regiment. A first-rate health and fitness care aide, and as invaluable to stay-at-home seniors who cannot afford expensive exercise equipment or gym memberships as it is to travelers.

Free stretch band with guide explaining and illustrating the top-20 exercises, in color. Hard case binding with pocket for storing the stretch band. Lay-flat, concealed wire-O-binding. Program delivers a full-body workout, including upper body, lower body, and target areas like thighs and abdomen. Travel, exercise, and diet tips help round out this concise and effective program.

"When you're a frequent traveler, your workouts sometimes suffer and finding time to exercise is tough. Well, now it doesn't have to be. Now, you can take your workouts with you??pick it up on your way to the airport." -- Best Body magazine "Best Body magazine"