



Keep Your Joints Young: Banish Your Aches, Pains and Creaky Joints

By Sarah Key

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Keep Your Joints Young: Banish Your Aches, Pains and Creaky Joints, Sarah Key, Whether you suffer from aches, pains and creaky joints, or you simply feel old beyond your years, Keep Your Joints Young will help you achieve a better body and a healthier life. Sarah Key, a renowned physiotherapist and bestselling author, shows you how to keep your skeleton young with a series of stretches designed to combat stiffness and joint pain. This practical and accessible guide shows you how to: - spot the tell-tale warning signs of imminent joint problems - take immediate action to reverse the trend - exercise to alleviate joint pain and restore full mobility With stretches to suit all levels of ability and a 30-minute daily regime, Keep Your Joints Young will help you break the bad habits that come with our increasingly sedentary lifestyle.

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