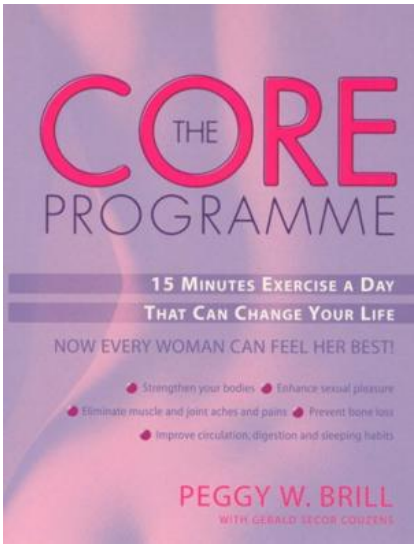


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The Core Programme: Fifteen Minutes Excercise a Day That Can Change Your Life

By Peggy Brill, Gerald Secor Couzens

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The Core Programme: Fifteen Minutes Excercise a Day That Can Change Your Life, Peggy Brill, Gerald Secor Couzens, Peggy Brill understands that being a woman equals being busy, with the demands of family, career, friends, homemaking, commuting etc. etc. Realistically the way we live isn't going to change but we can change how we use and take care of our bodies. She believes the Core Programme is a daily investment for lifelong health. The benefits include getting rid of aches and pains, beating tiredness, boosting day-long energy, building strength and stamina and looking and feeling good. The Core Programme has been specifically evolved for women, unlike other fitness regimes designed for the male physique which may even damage women. It will help build strength in the core of a woman's body: the neck, back, shoulders, pelvis, abdomen and hips. Each exercise is illustrated with detailed photographs and reader self-tests throughout help women identify their own core needs and track improvement. Dozens of case histories are included, illustrating both the common problems women face and the near-instant benefits of this simple programme.

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Reviews

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