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# SENIORS:Get Strong and Stay Fit (While in Bed)

*Mr Neville N Warburton CPT*

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# SENIORS:Get Strong and Stay Fit (While in Bed)

*Mr Neville N Warburton CPT*

**SENIORS:Get Strong and Stay Fit (While in Bed)** Mr Neville N Warburton CPT
This book is designed with a series of active stretches and exercises for seniors that can be done while lying in bed. Active stretching not only stretches the muscles and tissues, but prepares the muscles for the action by activating and warming them up. The exercises will help alleviate some of the aches and pains in the joints, while getting you more energetic and stronger..

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