



Exploding the Middle Age Myth!: Secrets of Australia's Top Physios to Staying Fit & Active After 40

Private Practice Marketing Pty Ltd, Sharon Edwards, Alison Ford, Aaron Hardaker, Debbie Hogg, Angela Melit, George Melit, Russell Smallwood, Faye Wiffen

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Are YOU over 40? Have you ever let aches & pains, injury or a lack of energy STOP YOU from doing the things you WANT TO DO IN LIFE? You can learn the secrets of Australia's Top Physiotherapists to staying FIT, ACTIVE & FEELING YOUNGER! Discover how thousands of Australians just like YOU have improved their QUALITY OF LIFE with these simple STEP BY STEP instructions and EASY to follow advice. YOU WILL LEARN HOW TO: · Eradicate persistent aches and pains from your body without resorting to harmful drugs or pain killers · Play the sports and activities you used to enjoy - without fear of injury · Improve your posture so that you look slimmer and feel years younger - within weeks! · How to flatten your stomach and drop inches off your waist permanently - without boring old sit-ups! · Why all the workouts in the world won't improve your bad back, or aching neck... and the critical "secret muscle group" that your gym instructor probably hasn't heard of · Feel younger & have more energy · How to avoid unnecessary and expensive medical tests & procedures & find the health assessment that is perfect for you · Start Enjoying Life Again! If You Have Ever Had To Sit On The Sidelines And Miss Out Because Of Injury, Pain Or Just Because You Were TOO DARN TIRED...PLEASE DON'T PUT IT OFF ANY LONGER! Read This Book And Start Living Your Life Again.

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