



# **REshape YOU Elderly Fitness Exercises & Eating Plan Book: A Fitness Book of Simple Exercises & Eating Plans for the Elderly**

*Stephanie Franklin*

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## **REshape YOU Elderly Fitness Exercises & Eating Plan Book: A Fitness Book of Simple Exercises & Eating Plans for the Elderly** Stephanie Franklin

REshape YOU Elderly Fitness Exercises & Eating Plan Book is for the older adult who just wants to exercise the right way and have a healthy body. It is about doing surgery on your heart (body), mind, spirit, and soul. It goes past the elderly who struggles with simple functional fitness exercises. It is about removing what is hindering your progress to move to the NEW level that you so desire and need, and create the NEW REshaped YOU. Stephanie provides you with simple physical activity exercises that are proven safe and effective for improving functional performance levels as well as a healthy way of eating for healthy living. Stephanie explains how to structure your simple exercises and eating plan to fit only you in a simple walking, sitting, running, light gym cardio, light aerobic, and light strength training exercises that will help you feel and look great. She also covers topics that show you what to wear, how to stretch, how to warm up your body before exercising; and provides you with a personal sample of an eating plan and simple exercise just for you.

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