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Linda D. Cirino



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On Your Own Terms Linda D. Cirino,1996 For more than 31 million American seniors who want to remain self sufficient this is the guide that can help This indispensable book empowers seniors by offering countless strategies for making their lives convenient safe and comfortable

Active Older Adults Lynn Allen,1999 This manual provides a collection of 15 award winning fitness programs for seniors The ideas and activities which have been gathered from programs across the country are presented in a consistent and easy to understand format Directions for implementing the programming ideas are included as are sample charts brochures registration and safety forms newsletters and a listing of resources that will ensure a successful program Active Older Adults presents a full spectrum of approaches to helping seniors get and stay fit Some of the programs provide introductions to basic fitness principles while others explain how to lead older adults in specific activities such as strength training line dancing and water walking There are also low stress programs for individuals with cardiovascular or joint problems

BACK COVER *The Video Source Book* David J. WEINER,1990 An Aid to the MRCP PACES, Volume 1 Robert E. J. Ryder,M. Afzal Mir,E. Anne Freeman,2012-07-06 This new edition of An Aid to the MRCP Paces Volume 1 Stations 1 and 3 has been fully revised and updated and reflects feedback from PACES candidates as to which cases frequently appear in each station The hundreds of cases have been written in accordance with the latest examining and marking schemes used for the exam and together with exam hints tips routines and clinical checklists provide an invaluable training and revision aid for all MRCP PACES candidates

Adobe Photoshop CS3 A-Z Philip Andrews,2013-03-05 An all encompassing reference to all the latest Photoshop CS3 features

New York Magazine ,1989-09-18 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea

Cycling for Health, Fitness and Well-being James C. McCullagh,1995 Resource guide for bicyclers with information on different types of bikes best clothing and gadgets to use tackling all types of terrain plus a weight loss program and training schedule

Film & Video Finder ,1989 Video Source Book ,2008 Bicycling ,2007-12 Bicycling magazine features bikes bike gear equipment reviews training plans bike maintenance how tos and more for cyclists of all levels

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