

ADVANCE TITLE INFORMATION

FITNESS FOR SENIORS

by Manuela & Peter Preuß, MDs

CONTENT:

It is never too late to take care of your own health and fitness. "Fitness for Seniors" offers a tailor-made programme by two fitness and health experts, MDs Manuela and Peter Preuß.

Discover 50 carefully selected exercises from the areas of endurance, strength, speed and functionality. This indispensable guide has been specially developed for older people who want to stay fit and mobile. Whether you are just starting to exercise or want to expand your fitness routine, this book provides clear instructions for easy-to-implement exercises and motivating tips to help you achieve your goals.

This book is the key to better health and well-being as you age!

The authors: Peter Preuß works at the sports department of the University of Bonn, he and his wife Manuela both have many years of experience in working especially with older adults. They have published a book on power training for 50+ agers at HEEL and participated in numerous studies on sports science topics.

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