



Water Exercises for Fibromyalgia: The Gentle Way to Relax And Reduce Pain

Ann A. Rosenstein

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A richly illustrated book with all of the elements that go into a water exercise program appropriate for fibromyalgia:

Equipment, warm-ups, stretching, aerobic exercises, strength exercises, balance exercises, exercises focusing on the abdominals, neck exercises, cool downs.

Also included is a wealth of up-to-date information on medications, vitamins and minerals, herbs, diet, and nutrition, and working with an exercise companion.

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