



HARRI ANGELL

PILATES FOR LIVING

Get stronger, fitter and healthier for an active later life



Harri Angell

Pilates for Living: Get stronger, fitter and healthier for an active later life



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Aging successfully means learning how to make and preserve positive changes in lifestyle to stay in the best of health. Not just living longer, but better, and embracing aging, rather than dreading it. Pilates for Living combines basic and effective exercises, suitable for all amounts and abilities, with professional advice and motivational interviews with those that testify to the transformative powers of Pilates. Regular Pilates practice can enable a fulfilling and energetic later life, assisting to lower blood circulation pressure and remove the factors behind aches and pains, that may support independent living and great health.



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