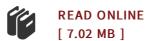




The Fit Arthritic: Fighting Knee and Hip Arthritis with Exercise. (Paperback)

By Alan Kelton

Dog Ear Publishing, United States, 2008. Paperback. Book Condition: New. 196 x 124 mm. Language: English . Brand New Book ***** Print on Demand *****. In my book: The Fit Arthritic: Fighting Knee and Hip Arthritis with Exercise I will describe how someone with arthritis can start to take control of their pain and improve their health. I encourage collaboration with a health professional and will help my readers to learn more about osteoarthritis and self-treatment options. I detail many medications in the book and hope that my readers will be able to reduce their use of prescription and over-the-counter pain medications. I define fitness for someone with arthritis and help the reader to plan and exercise their way to less pain and improved health. My goal is that those affected with osteoarthritis can be come a fit arthritic with me. From the Foreword: I am now in my mid-forties and pleasantly enjoying mostly pain-free days. I used to consume more than 2000 ibuprofen tablets yearly and now I rarely take them for knee pain. I can walk for extended distances and finished a day-long hike in Yosemite National Park this year. I am finally at a healthy weight around 175...



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