



West Point Fitness and Diet Book

Colonel James L. Anderson

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The simple and effective fitness program is designed to make you look and feel as healthy, attractive and energetic as you've ever wanted to feel. With a speciality designed exercise and diet program, proven successful and medically sound. The West Point fitness and Diet Book includes the following unique points -

- *Individual exercise Programs by Age and Sex
- *The West Point Plan for Weight Control Without energy Loss
- *cardio-respiratory Exercises for Increased Stamina and Longer Life
- *Specific Exercises to Improve Your Golf, Tennis, Swimming, and Other Sports
- *Tests and Corrective Exercises for Better Posture and Flexibility
- *Special Exercises for Women, Children, Teenagers, and the Elderly
- *How to monitor your Heartbeat for maximum benefit during exercise (With Distance and Progress Charts)
- *Exercises designed for Women During Pregnancy and Memopause
- *Safely graded by age and sex, the five basic dynamic exercises of the West Point Fitness and Diet Book can deep you fit in as little as 15 minutes a day, while eliminating backache, improving muscle tone, and maintaining the athletic, trim figure that is the sure key to your family's health and well-being.

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