

Joints And Body Movements Exercise 10 Answer Sheets

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Chair Based Exercise Cambridge - Later Life Training

• Exercise releases endorphins, “feel good” chemicals in the brain which help you to feel cheerful and positive • Lose weight • Tone up muscles Release of endorphins helps you to feel happy and alert May not need medicine or so many Toning the body and losing weight will make you look better, clothes fit better. Have more self esteem.

Induction Workbook 10 - Moving and Handling - Skills for Care

body in the standing posture. Someone who has this posture will be: • At risk of falling • Using much more energy than necessary and will tire quickly • Unable to expand the lungs fully • Putting additional strain on the load bearing joints; the joints in the neck; all the joints of the spine, the hip joints, the knees and ankles

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body in 21 seconds, but it completes the round in just 15, 10 or 8 seconds while exercising. The heart muscles work faster during exercise. 7. Effects on Bones and Joints: By doing exercise our bones become hard and they can work for more time. It also has effects on our joints. Thus the bones and muscles become strong by doing exercise.

Introduction

before beginning the 10-Day Detox Diet, and again after you’ve completed the ten days. It will give you a baseline for your existing symptoms, which are indications of being toxic and inflamed. But even more, it will help you connect the dots and see the interconnections in your body, and see for yourself how, after just ten days, you can enjoy