

[Pdf free] Back-care-cise

## Back-care-cise

*Linda J. Nelson, Joy L. Freeman*  
*ebooks | Download PDF | \*ePub | DOC | audiobook*



#18407784 in Books 1989 Binding: Audio Cassette | File size: 47.Mb

**Linda J. Nelson, Joy L. Freeman : Back-care-cise** before purchasing it in order to gage whether or not it would be worth my time, and all praised Back-care-cise:

0 of 0 people found the following review helpful. Three levels of intensity makes this set perfect for everyone to stay toned. By maggiels For 20 years I have used Dr. Nelson's set of 3 levels of work-out, and now at 77, even though I have delved into other workouts, I always return to Back-care-cise to address aches and pains to keep me ready for walks, dancing and swimming. And now even my hubby in doing this with me, and he likes them because he has the reward of success and feels much better. In addition, the exercises are not risky for beginners but are reviving, and perfect for both prevention and correction throughout the years. I want to thank Dr. Nelson for this gift to us.

Back-care-cise: Combining orthopedic medicine and yoga, Dr. Joy L. Freeman (formerly Linda J. Nelson) provides instructions on how to prevent and relieve back pain while energizing your whole body. Through her system of gentle and safe exercises students are taught to relieve pain and strengthen and stretch the supporting structures of the spine, from the comfort of their home. In this audio cassette, Dr. Freeman instructs fellow chiropractors: Side A. How To Get Patients to Follow Through With Exercise and Side B: How To Increase Profits. Printed and distributed under her former name "Linda J. Nelson," this is an out-of-production, impossible-to-find collectible for your library. From her web site: "A prominent health professional and author, Dr. Freeman has lectured and taught classes nationally, as well as made numerous public appearances including television and radio. She has not only been a practicing physician, therapist and workshop facilitator, in her earlier years she was a professional dancer and yoga instructor. Her unique background has collectively culminated in the creation of this very special and highly effective back care exercise

program."