



How To Prevent Falls: A Comprehensive Guide to Better Balance

Betty Perkins-Carpenter

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National award - winning book that is filled with over 107 large print pages of easy-to-follow, safe, fun exercises designed to promote better balance to seniors. This highly regarded, cleverly illustrated book highlights national senior fitness expert Betty Perkins-Carpenter's Balance System Techniques(r). This program of activities was developed specifically to enable seniors to improve their balance and their muscle tone. Of those who have mastered the system and sustained accidental falls, not one has been seriously hurt! You can expect the same results, just by following the simple, fun activities contained in this book.

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