



## The Role of Exercise in Anti-Aging (Paperback)

By Goh Kong Chuan

iUniverse, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is a book written by a Medical Doctor who specializes in the preventive aspect of Sports Medicine, and is all about his experience in looking after patients, keeping abreast with the latest advances, and competing in various sports, . It discusses the popular modes of exercise so that the reader need not have to try them out himself, and explores the newer medical concepts. It is written from practical experience, from treating patients, observing those who age around us, and from applying these very principles on the author himself. The proof is in the pudding, and many examples of the healthy elderly are shown.



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