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This is a guest post from our friend Al Kavadlo of AlKavadlo.com. Al has a new book out Stretching Your Boundaries - Flexibility Training for Extreme

References in exercise to prevent and treat

S., Simonsick, E., Ling, S. et al, Disability, physical activity, and muscle strength in older women: Harrington, D ., Anker, S., Chua Balance, strength

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Jonathon Harrington is the author of I (2.00 avg rating, 1 rating, 1 review, published 2013) and The Strength and Flexibility of Women (0.0 avg rating, 0

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