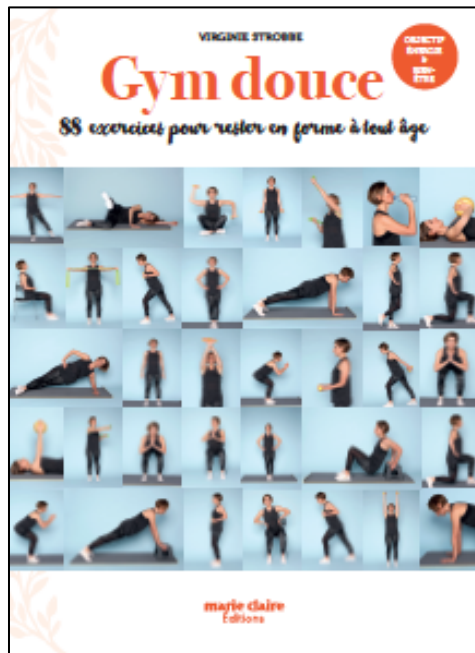


# Slow Gym

September 2018

Health /  
Well Being



## Synopsis:

Gym for every one! Some people are not looking for performance and just want to move their body. Virginie Strobbe offers a program to get back to sport, following 6 programs and a total of 88 possible exercises.

Each movement is illustrated and explained step-by-step so that the reader can adapt the movement to its needs and objective.

## Content:

- Before starting : tips, warning, precautions and how-to use the book,
- **6 programs containing physical exercises:** mobility and relaxation, muscle strengthening, balance, coordination, cardio circuits, stretching

## The Author:

**Virginie Strobbe (Paris)** is a teacher of Modern Jazz and fit gym. She is now working on a program to develop body fitness, based on Feldenkrais method. She wants senior to stay fit and balanced so that they can keep their autonomy in every day life and recover easily after an injury or an operation. She also want her audience to keep a high moral thanks to a balanced and fit body.

## ■ Specs :

- Collection : Health / Well Being
- Publication: September 2018
- RRP : 17,90 €

- 144 pages
- 170 x 230 mm
- Paperback
- ISBN : 979-10-323-0334-4

Éditions  
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