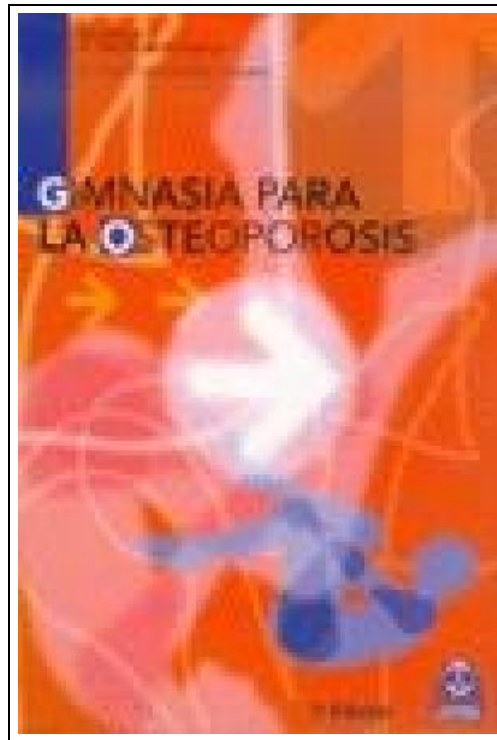


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PAIDOTRIBO, 2010. Book Condition: Nuevo. La osteoporosis es una enfermedad ósea provocada por la atrofia de los huesos, es decir, el hueso pierde masa o densidad y su estructura interna se modifica. A causa de la baja densidad de las denominadas trabéculas óseas, el hueso se vuelve más frágil y, en la mayoría de los casos, todo el esqueleto se ve afectado. Los golpes más pequeños o los movimientos vigorosos no acostumbrados pueden provocar una fractura ósea. Este libro ha sido escrito pensando en cómo evitar estos problemas. Para ello, es importante un entrenamiento en la justa medida que someta el cuerpo a esfuerzo pero no lo sobrecargue, que mejore la conciencia del propio cuerpo y su postura, que conserve la movilidad y puedan disminuir los dolores crónicos. El libro le enseñará a diagnosticar la enfermedad y saber qué puede hacer contra ella, cómo prevenirla, cómo tratarla por medio de ejercicios suaves que le ayudarán a fortalecer la musculatura abdominal, las articulaciones de la cadera, las rodillas y los pies; le enseñarán a entrenar la capacidad de coordinación, a percibir el equilibrio y a saber relajarse. El libro se completa con un test para que usted misma evalúe cuánto ha aumentado su movilidad. El libro está profusamente ilustrado con fotografías que muestran paso a paso el desarrollo de los ejercicios.

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