



## The Exercise Cure

By Jordan Metzl, Andrew Heffernan

Rodale Press Inc. Paperback. Book Condition: new. BRAND NEW, The Exercise Cure, Jordan Metzl, Andrew Heffernan, Everyone wants to lose weight, feel better, and live longer. But what if that was just the beginning? What if readers could use specific workouts to prevent, improve, or cure what ails them? As Dr. Jordan Metzl says, Exercise is medicine. Now he puts that philosophy-along with cutting-edge research and a motivational bedside manner - into a ground breaking book delivering a head-to-toe list of maladies that affect quality of life for millions. He then offers the specific exercise prescriptions that will help fix them - from type 2 diabetes to depression, from arthritic joints to PMS, from addiction to sleep apnoea.



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