

Rehab Exercise For Senior Men



**My doctor started me on a rehab exercise program.
I am walking with a walking therapist every day.
I never knew walking with someone else was such an incentive.
We don't talk much during the walk, though.
My therapist walks about 10 feet ahead of me and sets the pace,
as directed by my doctor.**

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**So far, I have followed her for 27 miles without even
using my cane!
My hip feels fine and I am feeling better each mile I walk
And my heart condition, my blood pressure and my
breathing seem to be improving.**

My only hope now is that I can find my way home!