

SHAPE UP AMERICA!

with the Silver Foxes

Featuring

Jacqueline Stallone - Sylvester's Mon

Sal Pacine - Al's Ded

Laurie Williams - Robin's Morn

Harry Hoffman - Dustin's Dad





The SIVER FOXES, the most famour celebrity moms and dads, claim liness and vitality for their generation with this non-aerabic, full-body conditioning and stretching program that enhances averall strength and flexibility while building endurance. A warm-up session gets you started and is followed by three non-stress segments that tone and condition the entire body.

Designed by top fitness professionals, our exercise program is focused around activities that SILVER FOXES enjoy most. The goal of this video is to safely work all the major muscle groups and make every task easier, from walking up the stairs, dancing, playing golf or tennis, to playing with a pet or grandchild on the floor. I's fun and ideally suited for those over 50.







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Shape Up America

Richard Bailey



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