



# Biomechanics for Life: Introduction to Sanomechanics

*Mark R. Pitkin*

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## **Biomechanics for Life: Introduction to Sanomechanics** Mark R. Pitkin

Setting out a new approach to improving health, this volume on what the author calls 'sanomechanics' aims for greater vitality and skeletal health through exercising at the same time as having an understanding of the biomechanical consequences of our activity.

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