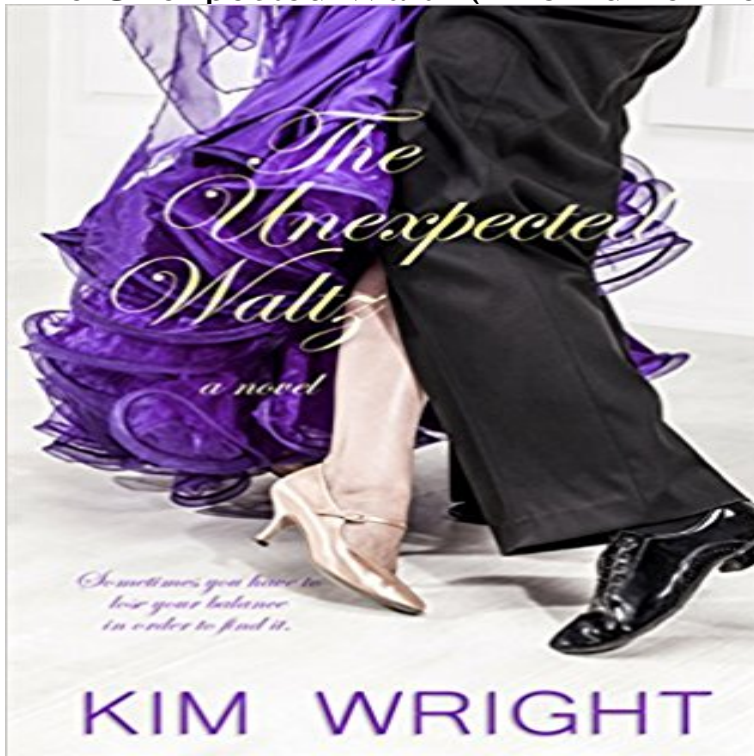


## The Unexpected Waltz (Thorndike Press Large Print Womens Fiction)



From the author of the critically acclaimed debut *Love in Mid Air* comes this moving novel about a middle-aged widow who finds her feet by embracing a new hobby: ballroom dancing. Kelly Wilder becomes recently widowed from a much older wealthy man with whom she spent her married life doing charity work, building a lovely home, and, as she says, pretending to be a whole lot more conservative and stupid and nicer than I really am. Now, with too much time and money on her hands, Kelly has absolutely no idea what happens next. So on a whim she signs up for a ballroom dancing class, and slowly, step by high-heeled step, begins to rebuild her life with the help of friends old and new: Nik, a young Russian dance teacher who sees the artistic potential she left behind; Carolina, a woman in hospice, anxious to experience a whole lifetime in a few months; and Elyse, Kelly's girlhood best friend who knows all of her past secrets--including the truth about the man who long ago broke Kelly's heart. In the vein of Jennifer Weiners novels, *Unexpected Waltz* is a deeply felt story about moving on after loss and finding a new walk--or dance--of life through the power of second chances.

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1. Guidance on achieving your goals
2. Instruction about fundamental nutrition, cardio and bodybuilding
3. Each week a reason to appear at the gym
4. Accountability
5. Methods to assist monitor your improvement

[What is a Program Like?](#) Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims

are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how much weight to use and just how to do the exercises. What to try to find In a Personal Trainer

1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial.
2. CPR: your coach should have an updated qualification in CPR and/or firstaid.
3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area.
4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor.
5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say.
6. Attention: A good trainer should be targeted only during your sessions on you.
7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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