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By Patricia Brill

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Patricia A. Brill, Ph.D. is the founder of Functional Fitness, L.L.C., a consulting company that designs and implements fitness and wellness programs for older adults.

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Patricia A. Brill , PhD is the recognition that older adults, weights for increasing strength and functional fitness among older adult

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Patricia A. Brill Ph.D has worked for the last decade conducting research and designing exercise programmes for older adults.

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