



# STRENGTH TRAINING

STAYING FIT & FABULOUS



CRIS CAIVANO

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## Strength Training: Staying Fit and Fabulous



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"An intensive and well-illustrated guide that makes strength training appear (gasp!). Her sensible, gentle, and balanced approach will get your energy flowing. Bookpage Strength Training: Staying Fit and Fabulous holds the key to feeling and searching great at every stage in existence. Caivano provides just finished ., combining her broad knowledge of dance and motion therapy training in this exceptional strength-training guide for women and men over 50 . Exercise and motion therapist D. Cristine Caivano draws upon her years of knowledge to supply a step-by-step guideline to increasing flexibility and resilience irrespective of your starting place. Eighty exercises feature 350 photographs illustrating each pose." — " — Although everyone loses muscle tissue with age, a lot of this decline is due to disuse and may be repaired and even improved by practicing these targeted exercises.) fun.. highly recommended."A rapidly developing senior population needs quality information on how to remain healthy and fit longer. Library Journal"Engaging and motivating publication! Very user-friendly! Cris' descriptions of how exactly to perform the exercises are reassuringly very clear. What truly pieces this book apart however, is the way Cris addresses the complete person: body, mind, and spirit." — Whether you are recovering from an injury or surgery, hoping to alleviate specific problems such as back pain or creaky knees, or just attempting to sustain your fitness with tailored nutritional and exercise information, this mixture of methods from yoga exercises, Pilates, tai chi, and other disciplines will help you achieve your goals. Lee Holden, author, 7 Minutes of Magic



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Ideal for the weak I was really searching for a routine that didn't depend on lunges or hard on the knee actions and that is what this book does. I know I'm weak and out of shape. Five Stars Good guide for keeping fit A great beginner's publication! I'm gaining power without injury after around three weeks of using the routines. If you are in great form I'm not sure you need this book, but for most of us it really is realistic, though I don't constantly get three days weekly. There is also a learning curve which slows the 1st few times you do the routine--it had taken over an hour with looking at the guidelines carefully (necessary never to get harm!). Still, I would highly recommend should you have knee concerns. A small basic for me but is an excellent book for someone simply getting started and wanting to enter an exercise program that will assist them and that they can stick with. I love that the author draws from many disciplines in her strategy. nonintimidating intro to a more powerful body So many seniors would take advantage of the simple exercises introduced in this reserve. I find this book very helpful. Very good bood. Will take the mystery out of getting and staying match! I've learned to start at a minimum level and it worked with this book. Considerable time is certainly spent on stretching exercises, but there is enough of exercises to find the beginner started. I'm nearly 50, but I found this reserve to be informative. An excellent book to get you began or back into weight lifting. The guidelines and photos have become clear and easy to check out. They might need minimal equipment and can help preserve or improve mobility and Independence.



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