

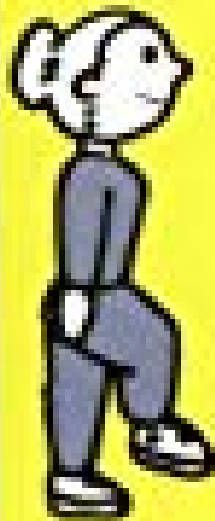
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# HOW TO PREVENT FALLS

**A Comprehensive  
Guide To  
Better Balance**



*Over 35 easy, fun, effective exercises*

**BY BETTY PERKINS-CARPENTER  
WITH AN ENDORSEMENT BY DR. LINUS PAULING**

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## How To Prevent Falls: A Comprehensive Guide to Better Balance



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National award - successful book that is filled with over 107 huge print pages of easy-to-follow, secure, fun exercises made to promote better balance to seniors. This respectable, cleverly illustrated book highlights nationwide senior fitness professional Betty Perkins-Carpenter's Balance System Techniques(r). The program of activities originated specifically to enable seniors to improve their balance and their muscles tone. You can expect the same results, just by following the simple, fun activities within this book. Of those who have perfected the machine and sustained accidental falls, not one has been seriously hurt!



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The best book on improving your balance I've read lately. Rating: 5 Stars. As a lifetime student and instructor of numerous fighting techniques my balance was great until about six years back. I had developed some serious medical problems which affected my balance. In conclusion, if you desire to boost your balance for reasons unknown, this book is a must read. Five Stars Very easy to read and implement. However, I have recently started reading everything I could find on developing better balance. The third chapter shows ball handling actions. I must say this fantastic reserve (How to prevent falls by Betty Perkins-Carpenter) may be the best book I've read recently on improving your balance. Four Stars like it Useful Useful but illustrated and written in a manner that seems childish Three Stars helpful great ideas Great book. This book is very well written, simple, funny and contains just about everything that you can do to prevent falls and even explains how exactly to fall without hurting yourself. Following the introduction explains how the program works the first chapter addresses stretching in bed exercises, which I found to become a great way to begin the day. The next chapter, which is my favorite, goes into detail on numerous balance exercises. I now practice these movements each day. I've also begun to hire balance exercises in my every day workout routine. I would highly recommend this for anyone who is getting old and having difficulty with their balance. Chapter five can be an important chapter because it explains the need for learning how exactly to slump in the event that you feel yourself falling. Joseph J. My advancing age also didn't help the situation. I bought this for my mother, but I go through it first. Should you have balance complications this book is for you. The ultimate chapter emphasizes learning to dance making use of your pillow. Truncate (Writer: The Samurai Soul: An old warrior's poetic tribute). Some Unique Ideas I bought this publication for my mom, who at 93 is beginning to experience falls more often. The exercises range from morning stretches in bed to using a simple seat for stability while swinging your limbs. There are wonderful tips for slip-proofing your house & a really unique notion of practicing slumping right into a chair to soften the effects of possible potential falls. After weeks following this book's gentle practice my flexibility & energy have increased. I see a difference whenever I skip a day--not sleeping as soundly, etc. These exercises make for an easy, enjoyable routine. My Mom is prone to falls. It also addresses the negative outcomes of fear... My Mom is prone to falls. It offers large print, plenty of illustrations and little quotes from celebrities about getting old. This publication has been beneficial to her because it has practical tips on where to begin even though you have limited flexibility but had a lot of complicated exercises to work at. She is now . Very useful This book includes a lot of good suggestions for exercises and various solutions to prevent and cope with falls. I have some balance problems and was happy to find a reserve that addressed a few of my problems and provided recommendations that I can put into action into my everyday existence without a lot of special equipment and expense. Exactly what I wanted. I wish I would have read this reserve six years ago. My mom is 92 and has fallen so many times, she's scared to walk with out a walker. This amazing book is arranged into six chapters. She is now afraid to do much. It has some exercises she probably won't be able to accomplish, but many that she can. The 4th chapter explains how exactly to walk to improve balance. Generally an excellent book, I love the illustrations Generally a good book, I like the illustrations. Anything to get people on their foot and off their duff is okay with me! However, many of the recommended exercises are downright dangerous or bad for the elderly. I hope that anyone wanting to follow the recommendations in this book explains particular exercises with a physical or massage therapist. As I appear back I don't know why I did not begin practicing specific balance exercises; REALLY GOOD This is an excellent book for improving balance. I believe I'm regaining the self-confidence I lost when i fell last winter season. It would be even better if I remembered to do the exercises! lol Just what I expected Very nice item, prompt shipping. It is a 6 step plan that I found easy to follow, despite the fact that I am not advanced enough to do the entire program at the moment. I've been performing the exercises every day; Great Exercises for Fitness This is an excellent book with many exercises to improve balance. Plenty of pictures to show each move. and, I could see a big difference in my level of fitness.



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