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POSTURE

STRENGTH

FLEXIBILITY

BALANCE

ENDURANCE

Age-Defying Fitness



Making the Most
of Your Body for
the Rest of Your Life



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CONTAINS A
FREE

Thera-Band

ELASTIC EXERCISER

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Marilyn Moffat

Age Defying Fitness: Making the Most of Your Body for the Rest of Your Life



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Easy-to-follow strengthening and stretches, in line with the latest clinical study, are included plus a Thera-Band ® resistive exercise band for make use of in a few exercises. But many of the problems attributed to inevitable age-related changes are in fact not inevitable and are often lifestyle induced and reversible. More than a simple how-to reserve, Age-Defying Fitness encourages you to take responsibility for your physical well-being, and offers an easy everyday approach to achieving better health. Utilizing their simple, self-administered exams, you will assess your level of physical efficiency in these five essential domains: posture, balance, strength, flexibility, and stamina. The authors assist you to create a personal profile, based on the results of the tests. THERE IS NO DOUBT that our bodies switch with age, because the baby boomer generation is currently learning firsthand. In this new book, Moffat and Lewis show how exactly to overcome the aches, stiffness, and unsteadiness in muscle tissue and joints.



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Very In depth and well written I have over 50 books on exercising especially as related to back complications and I found this to be among the absolute best. Highlights are:1) photos of the exercises (some books simply possess descriptions).2) a dialogue of how each exercise can help you (some books say nothing at all or simply name the muscle groups involved). For every category, the book gives some simple self-evaluations. Great Exercise Guidance The book has been very energizing.I did not treatment for all the assessments of ability, especially using working as a check. I know so many people over 45 or 50 who can walk well but, for different reasons (bad knee, center operation, tendonitis, etc), who could never run. Excellent book! This is an excellent book on exercise for anyone older than 50. I especially just like the fact that it is by Physical Therapists. Two of these instances, the PT allowed me in order to avoid surgery.Right now I discover that, while I don't have any major physical complications, I want something to hold my own body at its best. I've been taking it to the gym and a couple of folks have remarked that they've utilized it and found it very helpful. The best I've found! This book is the best overall book about them. great reserve with extremely thorough, simple guidelines This book is quite well organized, addressing everything you would want to find out about staying in healthy physical shape after the age of 50, and well beyond. ... For all those of us in senior living, the tendency can be to sit down but we will begin to lose our flexibility. I still think the information is well well worth the cost of the book. Good book for learning how to develop a home strength-training program I checked out and perused numerous books on stretching/weight schooling for older adults from my local library. It's relevant and educational for him and not centered on youthfull fitness things such as six-pack abs. It covers all of the problems that cause loss of strength, balance, flexibility, etc. Explanations are understandable and diagrams are easy to follow. Evaluations present the level you need to begin with. A great reference! Superb book to keep the body going Three times in the last several years, I've had physical complications bad enough to need a PT (physical therapist). Every time, the PT helped me make contact with health. The exercises are easy to do - the instructions stress that you start easy and work up. IDEAL FOR Older Folks NOT USED TO Excercise I acquired this for my now retired father in law who wished to start a fitness program. I was surprised that I experienced to ease into many that looked easy on the web page. I have used this book very successfully to maintain myself in good shape. I wanted one written by a PT. I could find two, this one and another book Marilyn Moffat wrote with Steve Vickery.This book breaks fitness down into 5 categories: Posture, Strength, Balance, Flexibility, and Endurance. This is by far the better book.3) excellent, detailed explanations of how aging affects balance, flexibility, etc. Then the book offers several exercises for each of these five categories. Why is this book particularly helpful can be that exercises are targeted based on the results of the self-evaluations. I could find those areas where I need the most help, after that focus on the exercises that help me the most. The illustrations and text are clear and easy to read, the chapters are well-organized, and I've the impression that the authors possess a lot of experience and know very well what they are discussing. Very well illustrated, very well explained, with remarkably useful detail. I recommend this book. This is an unsolicited opinion from a happy customer. This is actually the very best book I have come across upon this topic of safe and effective exercising for the elderly.4) a lot of exercises to choose and choose from (there are plenty of I cannot carry out). It offers both descriptions and workout plans.I also received a copy that did not contain the card allowing the purchaser to get a free theraband. There are many books about staying fit past 50. Requires some self discipline but it will probably be worth it. I arrived away with great respect for the philosophies, skills, and

understanding that PTs have. He enjoys the book. I have been searching for a book such as this one for a LONG time! Rather it's focused on tried and accurate methods to bring fitness into a normal person's everyday existence at any age group or level of fitness. Perfect!



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