

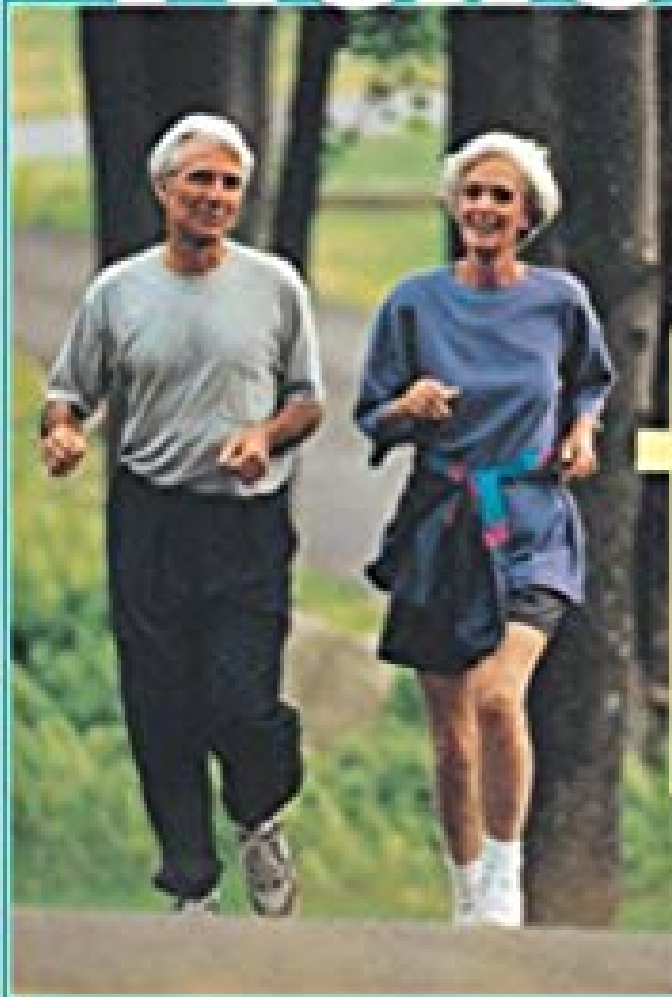
AN EXERCISE GUIDE FROM THE
NATIONAL INSTITUTE ON AGING

fitness

over

fifty

**25 EASY
EXERCISES
FOR BETTER
HEALTH!**



STRENGTH • FLEXIBILITY • VITALITY • BALANCE

Special Illustrated Edition

National Institute On Aging and
Fitness Over Fifty: An Exercise Guide from the National Institute on Aging



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Studies show that folks who stay active – no matter what their age – reap the benefits of exercise. That's right. Not only can it assist you to feel better, but it makes doing those daily tasks easier and more enjoyable. So start working out today, with *Fitness Over Fifty*, the National Institute on Aging's guide to exercise for men and women over fifty. Energy, power, balance, and flexibility are the ingredients that add up to long-enduring vitality and health. With nutrition suggestions, easy-to-follow exercises, and expert advice, *Fitness Over Fifty* is the last exercise help you'll need! You don't have to join a gym or buy expensive equipment. And *Fitness Over Fifty* features practical advice about how it is possible to reach those goals. Everything you need to begin your own workout program is right inside this book. *Fitness Over Fifty* contains:

- Exercise safety tips
- Ways to get – and stay – motivated
- Endurance, flexibility, strength and balance exercises
- Tips about nutrition and healthy eating
- Daily, weekly, and monthly workout and nutrition information, and more!



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Practical Practical. Not a phrase wasted, with good common sense.. So accurate. When I opened this reserve I was very amazed at how easy the exercises had been. Book is large and lies flat so it can be seen while learning through the routines. A seniors must book As a senior I needed exercises that I could do now. About 50 % of the exercises i experienced encountered in additional books, but i got some new exercises, therefore i got some reasonable value. In the event that you haven't exercised in a while, this book are certain to get you began on an exercise plan you can begin as a (previous) couch potato and get fit once again, Have recommended it to my close friends. They want to borrow mine, but I tell them to go to Amazon and obtain own. I have to keep mine! Five Stars Good boom with lots of exercises for seniors. Ought to be Fitness over 65 though. WAY over 50 I have to agree with the other review that says that this book is for those WAY more than 50. It changed my personal trainer! Staying fit after fifty This is a good book of information on how to create a routine of exercise to add the complete body. The images are great and the information is clear. If you are over fifty, you probably would not need more info than this to get started on a daily routine to keep yourself fit and versatile. The reserve also gives here is how to stay healthy overall. Way over 50! We couldn't give this publication 5 stars because, though it looks like an excellent reserve in and of itself, it must be titled, "Fitness Over 65" since most of the quotes, tales and photos are of people well over the age of 50, and more like over 65.) demonstrating the exercises in a reserve for the over 50 crowd, but I also purchased a reserve called, "Strength Training Past 50" and even though it's basic in it's own method (it demonstrates free weights, and when you're into likely to a fitness center also machines), many of the photos in it are of individuals much closer to my very own age group, and that at least speaks to my safe place on working out and aging!. But in the event that you haven't done anything beyond sitting on your couch munching chips and watching the tube all of your life, this book would be a perfect method to break into beginning to get exercise.I admit, it's kinda frightening looking at 70 year olds (even though they're in great shape! Keep in mind in case you are 52, like me, that with hardly any current exercise you could be better physically fit and beyond the simple exercises in this reserve. I am 53 and I work out at the gym just about any day, at least one time sometimes twice. provides some exercises that other books don't I got the publication to diversify my flexibility exercises. This book is my best instruction. When I opened up this publication I was very surprised at how easy the exercises were. My dad (86) gets this book and the accompanying Dvd movie. Good stuff. Just like all the others. It is great, but you need to take new actions. That's an ongoing problem For those WAY over 50. I have to agree with the other review that states that this book is for those WAY over 50.. For example, with regards to the latter, this book warns that the old person must be careful not to over-emphasize strength fitness.. I'd state most were appropriate for beginners over 70. Nutrients. I'd say most had been appropriate for beginners over 70. Recommend. Its perfect for him. For over 50. IT IS RATHER basic.. Fitness for all those 50+ Great reserve with very helpful descriptions and illustrations. It is also even more of what I needed to start getting more fit. As a very senior citizen, I have seen so a lot of my exercising contemporaries injure themselves by performing excessive strength training without balancing them with versatility, vitality, and balance teaching. I am 53 and I work out at the gym just about any day, at least once sometimes twice. My father (86) gets this book and the accompanying Dvd movie. Its ideal for him.



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