

Banish the Fear of Falling
with Simple Activities Added to
Your Everyday Routine

Better Balance for Life



A
10-Week
Plan

CAROL CLEMENTS

Foreword by **Jon LaPook, MD**, Professor of Medicine, NYU Langone
Health, and Chief Medical Correspondent, CBS News

Carol Clements and

Better Balance for Life: Banish the Fear of Falling with Simple Activities Added to Your Everyday Routine



[continue reading](#)

Improve your balance in only ten weeks without breaking a sweat As you age, stumbling blocks are everywhere: the bottom stage, the roadside curb, and also the living room carpet. But you don' With Better Stability for Life, you will learn all-new, simple activities to help you build power and increase flexibility to boost your balance!t need to live in fear of falling.and better mobility. By the finish, you, too, will be marching together with your eye closed! Try sitting on one feet while touching the counter to build stability.Watching TV? Discover ways to lengthen your toes and flex your ankle to build up more nimble foot— In this ten-week program, personal trainer Carol Clements shows you effortless techniques to slide into your everyday activities. With four new activities every week, building better balance is certainly fun and easy. Currently brushing your teeth?



[continue reading](#)

I'm going to end up being using this for sure! As an "older" adult who just watched my mother fall often over her last 5+ years, I am all too aware of how important balance and strength is as we get older. Carol has written an extremely readable and practical guidebook to ageing gracefully. This book is exactly what I was looking for! I'm providing to both of my brothers for Christmas! Very Helpful As someone who suffers from neurological balance problems due to MS, I found this book extremely interesting and informative. Balance only turns on whenever a person is standing up. In the modern world of smart mobile phones and Uber, people mainly sit. Without regular practice, stability is lost. Better Stability for Life details easy exercises to be achieved while also carrying out daily tasks that may prevent this decline in stability. With literally no time spent, the exercises in this book will prevent falls both now and in afterwards life. Stand using one foot while brushing your tooth and curve like a rainbow while waiting for an elevator are simply two of the imaginative exercises right here. With well-executed illustrations, it is very easy to adhere to. Four exercises are added each week. Most of the exercises sound deceptively easy but are somewhat complicated like patting your head and rubbing your belly.) Excellent and easy to follow guide. And the ideas are so simple and easy to put into action! Her ten-week plan is simple and doable, also for someone as lazy as I. 4 celebrities! I am already feeling a little more secure after only 1 week of pursuing just some of the activities. Wonderful and easy to follow activities that are not only helpful but sort of fun and playful! Wonderful basic activities to increase the balance for this 67 year aged guy who has increasingly become scared of heights and falling. Thanks to the publisher, The Experiment, and NetGalley for an advance copy in trade for a genuine review. Every senior should understand this book or talk about it with someone they like and want to have a life without falling. A Life Changer! The exercises and illustrations are an easy task to follow and can be done in the comfort of your house. Better Balance for Life can be an enjoyably way to prevent breaking a hip when older. Thank you, brilliant Carol Clements, for this wonderful book! Today I must go rinse the laundry (with my heels elevated! However, all are fun. I value the author including illustrations together with the extremely descriptive directions. It would make a great present for a grandfather or an elderly aunt. The exercises start simply and obtain progressively more difficult. Great for preventing falls! This book is filled with quick and easy ideas to help us oldsters improve our strength, agility, and balance in an effort to defend against that dreadful hip-breaking fall that looms ahead. I was familiar with a few of these exercises, but anticipate incorporating others to greatly help with my balance. I also plan on telling my doctor about this book therefore others may benefit as well.



[continue reading](#)

download free Better Balance for Life: Banish the Fear of Falling with Simple Activities Added to Your

Everyday Routine txt

download Better Balance for Life: Banish the Fear of Falling with Simple Activities Added to Your Everyday Routine djvu

[download free Breathe, Mama, Breathe: 5-Minute Mindfulness for Busy Moms mobi](#)

[download free The Emotionally Absent Mother, Updated and Expanded Second Edition: How to Recognize and Heal the Invisible Effects of Childhood Emotional Neglect e-book](#)

[download The Longevity Code: Secrets to Living Well for Longer from the Front Lines of Science mobi](#)