

STAND TALL



DON'T FALL

Improve
your Strength,
Balance, Flexibility
and Posture

BILL CASE, PT

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Stand Tall, Don't Fall: Improve Your Strength, Balance and Posture



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In this book, you'll discover: •The fall risk elements and how to prevent falls •How proper posture can improve independence •How to improve strength, balance, and versatility during daily activities •How the family can help prevent an older adult fall •How to control the fear of falling •The correct way to fall and how to cope after a fall •Exercises filled with step-by-step guidelines and photos Stand Tall, Don't Fall is your complete information to minimizing the physical limitations of the old adult. Filled with proven exercises to boost strength, balance, versatility, and posture, Stand Tall, Don't Fall offers useful solutions and applications to avoid falls in older adults and help them prevent injury and retain their independence. As a physical therapist, athlete, Costs Case knows that prevention and preparation will be the keys to eliminating senior falls.



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She actually is still pretty active for her age I bought this reserve for my 90 yr old grandmother. She actually is still pretty energetic for her age, even shoveling snow! My grandmother has already taken a falls avoidance class, so she said this book was an ideal addition to that. The exercises and insight the author provides really help to remind her on a daily basis to operate straight, work on her posture, and add strengthening exercises to her day to day routine to be able to prevent a fall. Readable and follow! With exercises and images which are easy to follow, Stand High, Don't Fall easily guides the older adult to take control of their physical health by staying active.... Great information on staying fit and strong for all those 55 . Case offers prepared a thorough and understandable description of the most important thing in stopping falls and maintaining fitness and how to achieve that. This publication, and the exercises illustrated have already been a big help. I also travel a lot, and following a long plane trip, I can perform these exercises in my own hotel room to get the knots out of my own body...not technical. Great information on staying fit and solid for all those 55 and old. Required reading for all over 55. You can easily read. As I get older, and already having one hip . It boils down to core work and weight training, specifically designed for people in their 60s or more.. And the exercises recommended once and for all posture are simple and effective. This is a great present for the seniors inside our lives. Very good book Very informative. Good read Great book Good book & Great exercises. Five Stars Exceptional book by my physical therapist. information. Great Great tips & exercises First read is fantastic After my first read, I am extremely motivated to start out on the recommended exercises with my hubby. Mr. As I grow older, and currently having one hip replaced, and arthritis in my own ankle, I discover that my position and balance aren't what they need to be. Great book! I have problems with back injuries which book and its helpful diagrams did wonders for increasing my posture and helping me adopt better strategies. Core work and resistance training for older adults.



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