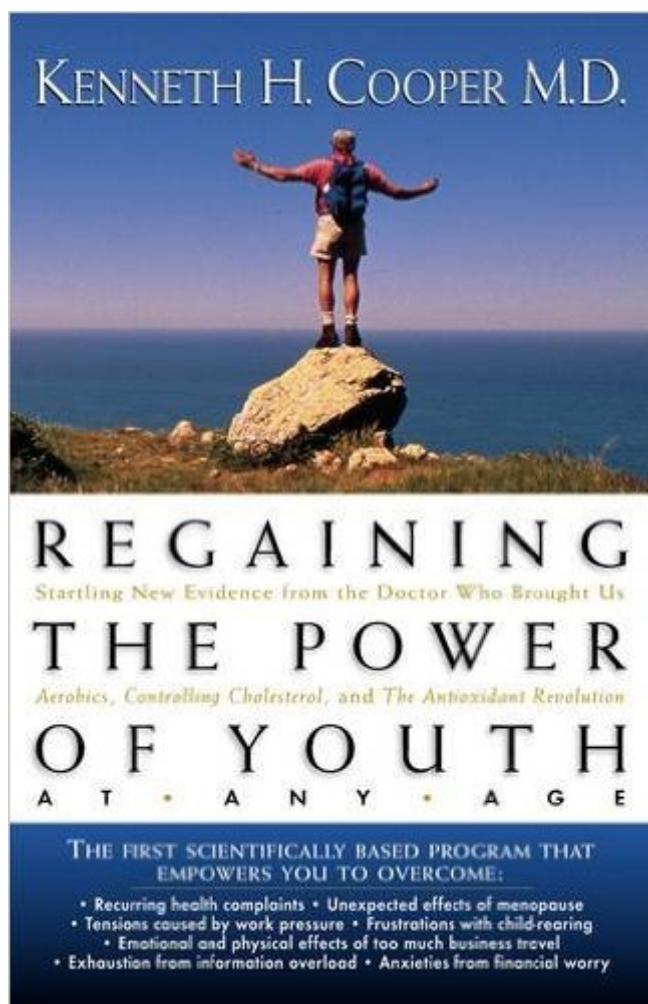


The book was found

Regaining The Power Of Youth At Any Age: Startling New Evidence From The Doctor Who Brought Us Aerobics, Controlling Cholesterol And The Antioxidant Revolution



Synopsis

Regaining the Power of Youth at Any Age features a scientifically based program that will guide you to a higher level of physical and mental fitness that you may have believed impossible to attain.

Book Information

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Customer Reviews

Kenneth Cooper, MD, was the inventor of aerobics exercise, which he initially developed to keep astronauts physically fit while in space. At age 67 he wrote a provocative book titled Regaining the Power of Youth at Any Age. Cooper challenges the notion that "true happiness is possible only if we can maintain some illusion of agelessness." Cooper writes to people between the ages of 31 and 75 with his "easy-to-use manual for recapturing their lost or declining youthful vigor," advocating a combination of impact exercise, aerobics, and stretching. His exercise program is specially designed to counteract the effects of aging--particularly to prevent loss of bone and muscle mass, and maintain cardiovascular power. "Building bone mass is an essential part of maintaining the vigor of youth," he writes. "Lean body mass provides us with the power and strength we need to continue to move, lift, and maneuver in our older years as effectively as we did when we were in our teens or twenties." Cooper clearly practices what he preaches. In Regaining the Power of Youth, he skillfully combines personal experience, research knowledge, and wit. While writing his book, he suffered a mountain bike riding accident and smashed head first into a rock. He consequently "became even more a believer in protective helmets than in the past." This incident validates the claims of his exercise and fitness program: although he was in his late sixties, he didn't break any bones and only

needed a little aspirin at night for soreness.

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