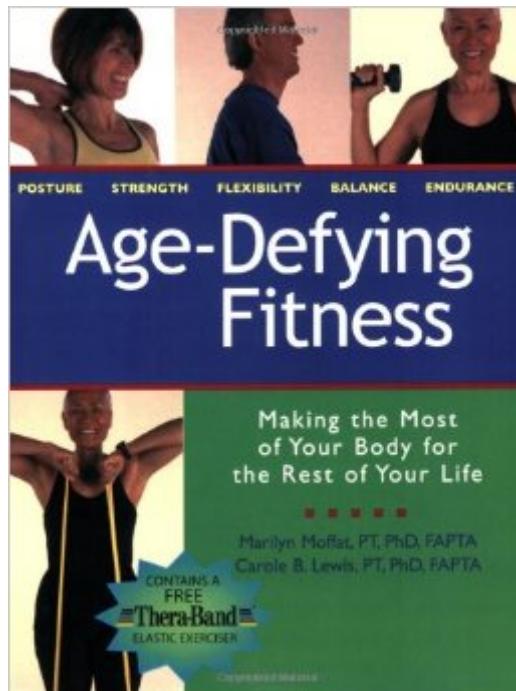


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# Age Defying Fitness: Making The Most Of Your Body For The Rest Of Your Life



## **Synopsis**

THERE IS NO DOUBT that our bodies change with age, as the baby boomer generation is now learning firsthand. But many of the problems attributed to inevitable age-related changes are in fact not inevitable and are often lifestyle induced and reversible. In this new book, Moffat and Lewis show how to overcome the aches, stiffness, and unsteadiness in your muscles and joints. Using their simple, self-administered tests, you will assess your level of physical performance in these five critical domains: posture, balance, strength, flexibility, and endurance. The authors help you develop a personal profile, according to the results of these tests. Easy-to-follow strengthening and stretching exercises, based on the latest clinical research, are included along with a Thera-Band® resistive exercise band for use in some exercises. More than a simple how-to book, *Age-Defying Fitness* encourages you to take responsibility for your physical well-being, and offers an easy everyday approach to achieving better health.

## **Book Information**

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## **Customer Reviews**

This is a book that will help ease you back into fitness. I recommend it to friends who would like to get started on a fitness program and don't know where to start, as well as a few who have injured themselves and want to continue exercising. To date, I've purchased three copies for myself and close friends. Here's my experience with *Age Defying Fitness*. I purchased a copy after reading a NYT review with the goal of improving my posture. Upon receiving the book, I read the first seven pages then skipped to the chapter on posture. The next morning I took the posture self-assessment

tests and got a baseline reading. Next I started through the chapter "8 Great Exercises for Posture". The exercises were challenging but doable and, before I knew it, I was doing them every day! The improvement in my posture in the next three weeks was astounding, according to both the self-assessment tests and feedback from friends. I was so inspired I decided to work on my core muscles using the "8 Great Exercises for Neck and Trunk." Before I knew it my abs were strong and physical things I enjoy doing, like gardening, just got easier and easier. I've made so much progress that I no longer regularly see my chiropractor for neck adjustments. Now I know how to release neck tension and have strengthened my back and abdominal muscles to the point that my body stays in good alignment every day. I've also been able to leverage what I learned to help me deeply relax at night. When I go to bed, I use one 10 second repetition of exercise 1, 4 and 5 from "8 great exercises for posture" and one repetition of each of the neck strengthening exercises from "8 great exercises for neck and trunk" (there are four of them) as a 3 minute relaxation sequence which prepares me to sleep.

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