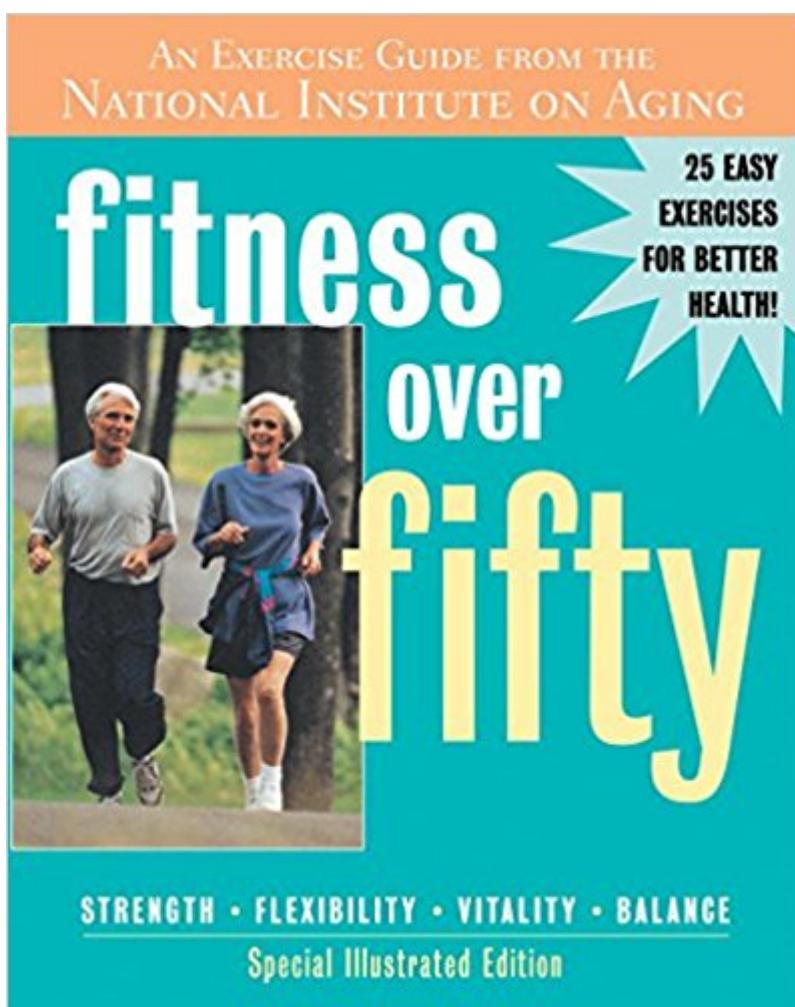


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# **Fitness Over Fifty: An Exercise Guide From The National Institute On Aging**



## Synopsis

That's right. Studies show that people who stay active " no matter what their age " benefit from exercise. Not only can it help you feel better, but it makes doing all those day to day tasks easier and more enjoyable. So start exercising today, with *Fitness Over Fifty*, the National Institute on Aging's guide to exercise for men and women over fifty. You don't need to join a gym or buy expensive equipment. Everything you need to begin your own exercise program is right inside this book. Energy, strength, balance, and flexibility are the ingredients that add up to long-lasting vitality and health. And *Fitness Over Fifty* features practical advice about how you can reach those goals. With nutrition tips, easy-to-follow exercises, and expert advice, *Fitness Over Fifty* is the last exercise guide you'll need! *Fitness Over Fifty* includes: • Exercise safety tips • Ways to get " and stay " motivated • Endurance, flexibility, strength and balance exercises • Tips on nutrition and healthy eating • Daily, weekly, and monthly exercise and nutrition records, and more!

## Book Information

Paperback: 144 pages

Publisher: Hatherleigh Press; Pap/DVD 2 edition (August 1, 2006)

Language: English

ISBN-10: 1578262240

ISBN-13: 978-1578262243

Product Dimensions: 8 x 0.4 x 10 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars 30 customer reviews

Best Sellers Rank: #496,934 in Books (See Top 100 in Books) #40 in Books > Health, Fitness & Dieting > Aging > Exercise #261 in Books > Politics & Social Sciences > Social Sciences > Gerontology #6214 in Books > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

"25 exercises you need for wellness along with detailed instructions and photos." "Reader's Digest

The National Institute on Aging, part of the National Institutes of Health, conducts research aimed at improving the health of older people. For this book, the NIA brought together nine of the nation's best-informed experts on the topic of exercise for older adults and consulted many more in different specialties. Together they lead a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life.

This is a very practical book to help one to select manageable exercises that add to one's sense of wellbeing and improve one's health if carried out on a regular basis. Even if one already exercises on a regular basis, one can find certain beneficial exercises that can be added to one's routine from this book.

Great book with very helpful descriptions and illustrations. It replaced my personal trainer!

Good boom with lots of exercises for seniors. Should be Fitness over 65 though.

This is a good book of information on how to set up a routine of exercise to include the whole body. The pictures are great and the information is clear. If you are over fifty, you probably would not need more information than this to get started on a daily routine to keep yourself fit and flexible. The book also gives information on how to stay healthy overall.

It was exactly as expected.

very helpful

Good stuff. Just like all of the others. It is good, but you have to take new action. That is an ongoing problem

I got the book to diversify my flexibility exercises. About half of the exercises i had encountered in other books, but i got some new exercises, so i got some reasonable value.

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