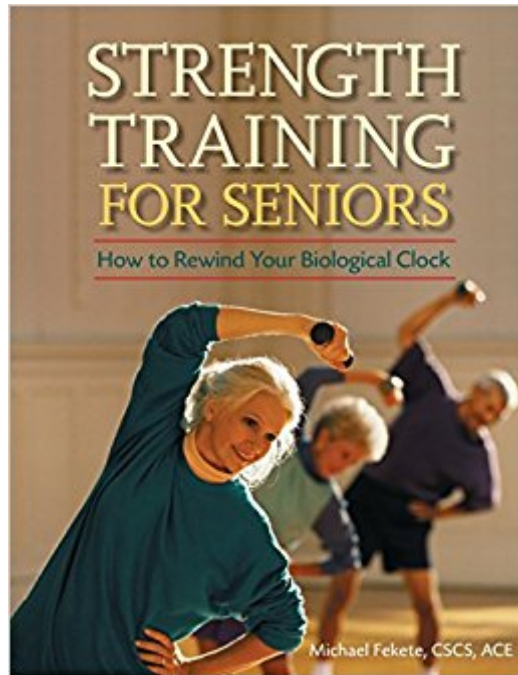




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Strength Training For Seniors: How To Rewind Your Biological Clock



Synopsis

Regular exercise can reduce a person's biological age by 10 to 20 years, and the key to exercising effectively is maintaining and increasing strength. A higher level of strength also improves immune systems, helps prevent age-related diseases such as diabetes and osteoporosis, lowers stress, and increases mental acuity. Written by a master athlete over 50, this accessible book offers specific exercises for improving health and fitness, tips on maintaining and increasing mobility and motor skills, nutritional advice, strategies for stress management, and worksheets for personal strength training schedules.

Book Information

Paperback: 160 pages

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Language: English

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Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 3.8 out of 5 stars 15 customer reviews

Best Sellers Rank: #301,634 in Books (See Top 100 in Books) #21 inÂ Books > Health, Fitness & Dieting > Aging > Exercise #4017 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness #25248 inÂ Books > Self-Help

Customer Reviews

This is a well thought out plan for getting into shape and building endurance. It takes a while to get going after years of slack but I'll get into a workout that's comfortable but still challenging - I have high hopes!

Not what I expected. If I wanted anatomy physiology lesson I have my med books for that. Just wanted the exercises.

Clear pictures, understanding of senior health and other problems are all clearly described in this thorough book. It was a pleasure to read and I felt like all the exercises were doable and interesting. A very good choice on the subject.

Not enough pictures.

Wish book had a lot more pictures showing proper training..

Haven't started the program yet but there is lots of good inspiring information to get me there.

No challenge for a healthy senior.

Excellent motivator and instruction aid for seniors who want to re-up into the world of healthy exercise and re-wind their biological clock.

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