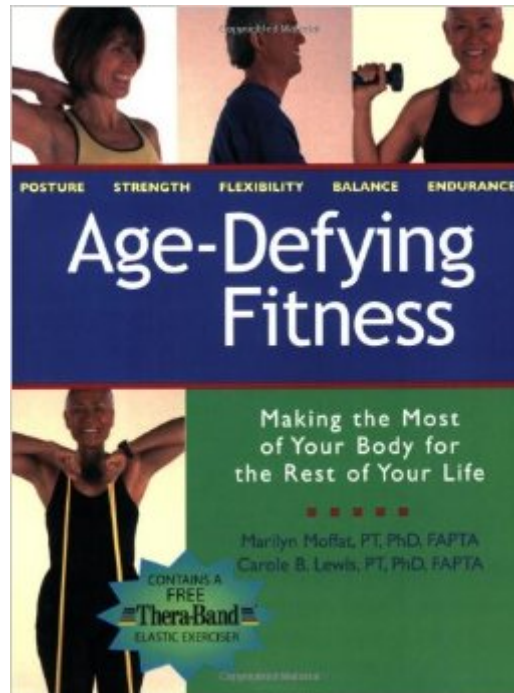


The book was found

# 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

Paperback: 304 pages

Publisher: Peachtree Publishers; 1st edition (September 30, 2006)

Language: English

ISBN-10: 1561453331

ISBN-13: 978-1561453337

Product Dimensions: 7 x 0.7 x 9.1 inches

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

Average Customer Review: 4.5 out of 5 stars See all reviews (55 customer reviews)

Best Sellers Rank: #126,484 in Books (See Top 100 in Books) #9 in Books > Health, Fitness & Dieting > Aging > Exercise #296 in Books > Education & Teaching > Schools & Teaching > Education Theory > Assessment #2056 in Books > Health, Fitness & Dieting > Exercise & Fitness

## 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.

[Download to continue reading...](#)

Age Defying Fitness: Making the Most of Your Body for the Rest of Your Life Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Soap Making Bible: 365 Days of Healthy and Organic Soap Making Recipes for your Body & Top 100 Herbal and Vegetable Do-It-Yourself Soap Making Recipes for your Body Dr. Atkins' Age-Defying Diet Revolution Pussycats: Why The Rest Keeps Beating The Rest, And What Can Be Done About It Jewelry Making: Jewelry Making Instructions to Easily Create Beautiful Pendants, Bracelets, Earrings, and Necklaces (Jewelry Making Books, jewelry making for dummies, jewelry making tools) Jewelry Making: 33 Tips and Advices For Making Unique Earrings (jewelry making, jewelry making books, jewelry making kits) BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) Defying Gravity: Improve your vertical jump and more for volleyball Pilates Six Pack

Exercise Bundle: Learn How to Exercise Correctly Today - Intro to Pilates - Beginner Six Pack Exercises (Ultimate Mind Body Fitness - Strengthen, Tone and Heal Your Body) Build Your Running Body: A Total-Body Fitness Plan for All Distance Runners, from Milers to Ultramarathoners-Run Farther, Faster, and Injury-Free The Generous Church: A Guide for Pastors (Defying Gravity) The Drought-Defying California Garden: 230 Native Plants for a Lush, Low-Water Landscape Defying the Gods: Inside the New Frontier of Organ Transplant Defying Gravity: The Parallel Universe of T. Townsend Brown Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week The eXercise Factor: Ease Into the Best Shape of Your Life Regardless of Your Age, Weight or Current Fitness Level

[Dmca](#)