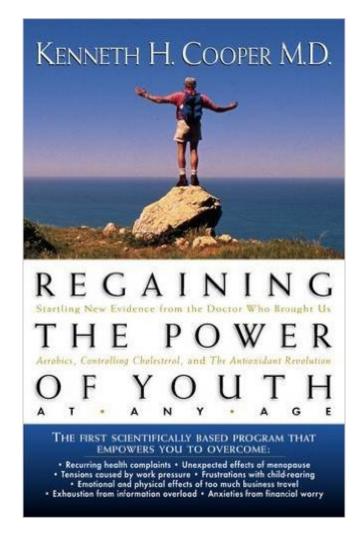
The book was found

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

Paperback: 288 pages Publisher: Thomas Nelson (January 19, 2005) Language: English ISBN-10: 0785278524 ISBN-13: 978-0785278528 Product Dimensions: 6 x 0.8 x 9 inches Shipping Weight: 12 ounces (View shipping rates and policies) Average Customer Review: 4.8 out of 5 stars Â See all reviews (4 customer reviews) Best Sellers Rank: #293,552 in Books (See Top 100 in Books) #20 in Books > Health, Fitness & Dieting > Nutrition > Antioxidants & Phytochemicals #133 in Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements #2045 in Books > Religion & Spirituality > Worship & Devotion > Inspirational

Customer Reviews

Kenneth Cooper, MD, was the inventor of aerobics exercise,which he initially developed to keep astronauts physically fitwhile in space. At age 67 he wrote a provocative book titledRegaining the Power of Youth at Any Age. Cooper challenges thenotion that "true happiness is possible only if we can maintainsome illusion of agelessness." Cooper writes to peoplebetween the ages of 31 and 75 with his "easy-to-use manual forrecapturing their lost or declining youthful vigor," advocatinga combination of impact exercise, aerobics, and stretching. Hisexercise 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 isan essential part of maintaining the vigor of youth," he writes."Lean body mass provides us with the power and strength weneed to continue to move, lift, and maneuver in our older yearsas effectively as we did when we were in our teens or twenties. "Cooper clearly practices what he preaches. In Regainingthe Power of Youth, he skillfully combines personal experience, research knowledge, and wit. While writing his book, he suffereda mountain bike riding accident and smashed head first intoa rock. He consequently "became even more a believer inprotective helmets than in the past." This incident validates theclaims of his exercise and fitness program: although he was in hislate sixties, he didn't break any bones and only

needed a littleaspirin at night for soreness.

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