

Strength Training Over 50: Stay Fit and Fabulous

By D. Cristine Caivano

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Strength Training Over 50: Stay Fit and Fabulous By D. Cristine Caivano

Strength Training Over Fifty focuses on the health needs of more senior men and women. Men and women lose as much as 20-40% of their muscle mass, beginning in their 30's. This muscle loss, often thought of as an irreversible part of aging, is really the result of disuse. Strength-building enables you to regain this lost muscle. It is the key to feeling and looking great after 50. With over 80 explicitly described exercises and 350 color photographs, this user-friendly book will teach you what you need to know to get started, get strong, and stay motivated.

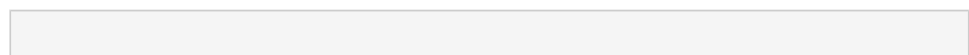
- Get started with reassuring advice if you are just returning to training.
- Stand straighter (and have a trim waist) by strengthening your core.
- Improve functional strength, making all the actions of daily life easier.
- Learn which muscles can be strengthened to alleviate specific problems such as back pain or achy knees.
- Improve your balance.
- Exercise safely, even with arthritis, osteoporosis, or if you are over 65 years old.
- Learn about nutrition, motivation, and how to design your own work-out.
- Follow extended exercise programs, including sessions for exercise on the road, a 15-minute work-out, and one to protect and strengthen your lower back.

From the foreword by Michael George, fitness expert and trainer to Richard Dreyfus, Meg Ryan, Julianne Moore, and James Spader:

"This fun and challenging book will help the older trainer rediscover" his or her body, beginning with the basics: posture, breathing, and motivation...Start training with this book and you'll never look back-I promise you."

About The Author:

D. Cristine Caivano (MA Columbia University) is an exercise/movement therapist in private practice in NYC. A former dancer and teacher, her work now focuses exclusively on the needs of the over-50-year old exerciser.



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Editorial Review

Review

"A rapidly growing senior population needs quality information on how to stay healthy and fit longer. Caivano provides just the thing, combining her broad knowledge of dance and movement therapy training in this exceptional strength-training guide for men and women over 50. ...This sensible and motivating gem of a book is highly recommended for all public and academic libraries." --Library Journal (*added by author*)

From the Back Cover

Strength Training Over 50

**STAY STRONG, STAY HEALTHY-
THE ULTIMATE FITNESS PROGRAM**

Includes Foreword by Michael George

With over 80 exercises and more than 350 color photographs, this book provides a comprehensive guide to looking after your body and feeling good.

Follow extended exercise programs, including sessions for exercise on the road, a 15-minute workout, exercising the abdominals, and back care

Learn how to begin a fitness routine with reassuring advice if you are returning to training

Supplement your training routine with advice on nutrition and positive thinking, guidance on planning your workout, and motivational tips

Practice a variety of exercises for general health and special concerns, such as osteoporosis, balance, arthritis, and the over-65s

Enjoy specially adapted exercises if you are an

older participant, including chair exercises and exercises against a wall.

Users Review

From reader reviews:

Gerald Warfield:

Nowadays reading books be a little more than want or need but also be a life style. This reading addiction give you lot of advantages. The advantages you got of course the knowledge your information inside the book that will improve your knowledge and information. The information you get based on what kind of reserve you read, if you want have more knowledge just go with training books but if you want really feel happy read one having theme for entertaining including comic or novel. Typically the Strength Training Over 50: Stay Fit and Fabulous is kind of guide which is giving the reader capricious experience.

Augustine Klotz:

The book Strength Training Over 50: Stay Fit and Fabulous has a lot details on it. So when you make sure to read this book you can get a lot of help. The book was compiled by the very famous author. Tom makes some research prior to write this book. This particular book very easy to read you can get the point easily

after looking over this book.

Orville Norman:

The reason? Because this Strength Training Over 50: Stay Fit and Fabulous is an unordinary book that the inside of the guide waiting for you to snap that but latter it will shock you with the secret the item inside. Reading this book adjacent to it was fantastic author who write the book in such remarkable way makes the content on the inside easier to understand, entertaining technique but still convey the meaning completely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of advantages than the other book include such as help improving your skill and your critical thinking technique. So , still want to delay having that book? If I ended up you I will go to the e-book store hurriedly.

William Stewart:

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