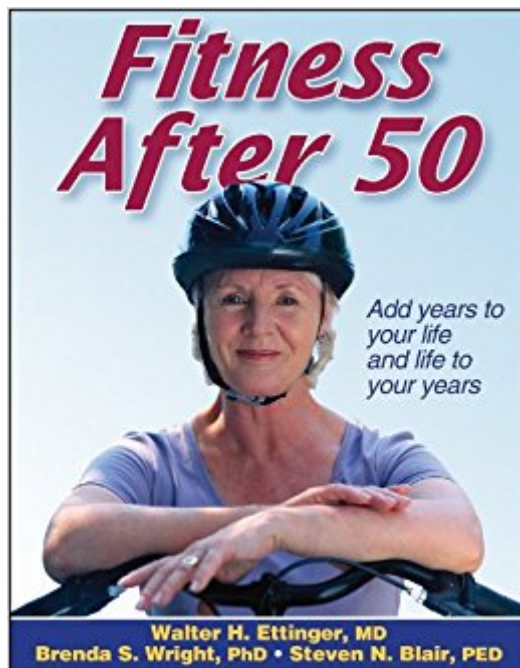


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Fitness After 50



Synopsis

It's never too late to get fit! *Fitness After 50* shows you exactly how to get there, addressing all of your questions about exercise—and more. Whether you are completely new to exercise or are looking to fine-tune your existing program, this information-rich book will show you how to get started, stay on track, and have fun as you meet your fitness goals. This easy-to-understand manual also serves as a self-paced workbook, which teaches you what to ask your doctor about physical activity, how to exercise safely, and how to fit activity into your busy schedule. If you have an existing medical condition such as heart disease, osteoporosis, or diabetes, you will also find ways to adapt your activity level to your condition. Sample aerobic, muscular fitness, and combination programs are provided, along with lifestyle strategies for fitting activity into your daily routine. *Fitness After 50* offers reliable advice you can trust. Authors Walter Ettinger, Brenda Wright, and Steven Blair are among the most highly regarded experts in the field of physical activity and health. And since all of them are over 50, they understand your needs and concerns firsthand. Easy to use and full of more than 50 forms, lists, and other learning tools, *Fitness After 50* is the one-stop source for fitness information that you'll reach for again and again.

Customer Reviews

"The authors, doctors all, explore the merits of physical activity pass the 50-year mark, providing plans and fine-tuning existing programs. Regardless of age, say the authors, everyone should feel the exhilaration of exercise and derive the health benefits from a solid workout. They understand it's never easy to start: You have to get motivated, find time, assess risk and safety issues and develop an individualized plan. Since this can be daunting, the authors start from the beginning getting started, then preparing, acting and maintaining the program. They stress the importance of keeping things interesting and challenging, and they give special emphasis to lifestyle changes that use everyday activities to help you keep fit: take the stairs, walk the dog, forget drive-up windows, don't use anything remote. Stage by stage, the authors provide the mental, emotional and behavioral skills necessary to keep active, and the workbook format is a useful tool. A simple, encouraging guide to maintaining fitness after the age of 50." "Kirkus Reports"

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