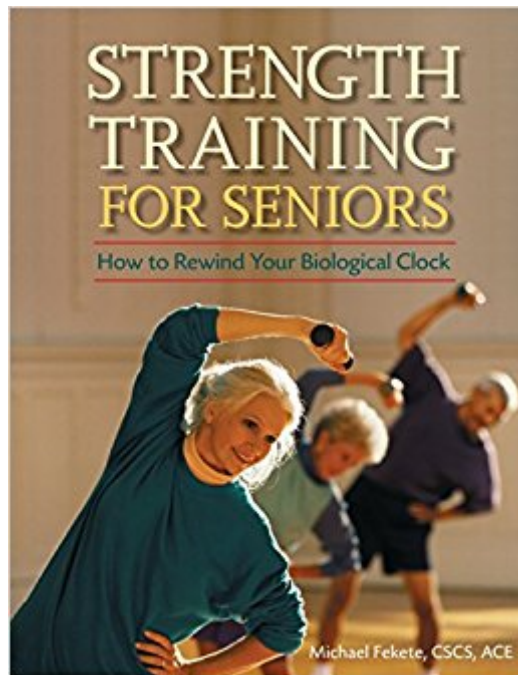




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Strength Training For Seniors: How To Rewind Your Biological Clock



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

Publisher: Hunter House (June 15, 2006)

Language: English

ISBN-10: 0897934784

ISBN-13: 978-0897934787

Product Dimensions: 0.5 x 8.8 x 11 inches

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 in [Books > Health, Fitness & Dieting > Aging > Exercise](#) #4017 in [Books > Health, Fitness & Dieting > Exercise & Fitness](#) #25248 in [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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Strength Training for Seniors: How to Rewind Your Biological Clock Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training The Complete Strength Training Workout Program for Rugby: Increase power, speed, agility, and resistance through strength training and proper nutrition Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) The Complete Strength Training Workout Program for Volleyball: Develop power, speed, agility, and resistance through strength training and proper nutrition Strength Training Anatomy Workout II, The

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