



Anatomy of Exercise for 50+: A Trainer's Guide to Staying Fit Over Fifty

Hollis Liebman

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A new addition to the best-selling series, for the burgeoning over 50 population.

Studies abound confirming what we all know: use it or lose it. Exercise of any kind has a profound positive effect on health, longevity, disease prevention and a sense of well-being. The exercises in ***Anatomy of Exercise for 50+*** will support good health at any age, but for those over fifty they can help in the prevention of age-related problems like joint mobility, balance and fatigue, as well as medical conditions like heart disease, colon cancer, diabetes, osteoporosis, arthritis and Alzheimer's.

Anatomy of Exercise for 50+ follows the successful format of the "Anatomy of" books--*Anatomy of Exercise, Anatomy of Muscle Building, Anatomy of Yoga*--which have together sold more than 100,000 copies. Their revolutionary approach is the combination of photographs and lifelike anatomical drawings that reveal in colorful detail exactly which muscles are engaged and benefitting from each exercise.

The book's organization allows the user to approach the exercise according to his or her needs or by the type of exercise. The contents are:

- Introduction: Staying Fit at Any Age
- Full-Body Anatomy
- Warm-Ups
- Stretches
- Upper-Body Exercises
- Core Strengthening Exercises
- Core Stabilizing Exercises
- Healthy Back Exercises
- Lower-Body Exercises
- Yoga-Based Exercises
- Swiss Ball Exercises.

Those who want to take control of their health (at whatever age), fitness trainers, physiotherapists, and activity managers in community care facilities, retirement homes and nursing homes will find ***Anatomy of Exercise for 50+*** an instructive and practical resource.

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From reader reviews:

Mollie Walker:

Have you spare time for the day? What do you do when you have considerably more or little spare time? Yes, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a wander, shopping, or went to the actual Mall. How about open or perhaps read a book allowed Anatomy of Exercise for 50+: A Trainer's Guide to Staying Fit Over Fifty? Maybe it is to be best activity for you. You know beside you can spend your time with the favorite's book, you can cleverer than before. Do you agree with its opinion or you have some other opinion?

Jo Villegas:

Playing with family within a park, coming to see the sea world or hanging out with good friends is thing that usually you might have done when you have spare time, subsequently why you don't try factor that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Anatomy of Exercise for 50+: A Trainer's Guide to Staying Fit Over Fifty, you are able to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang type is it? Oh can occur its mind hangout men. What? Still don't have it, oh come on its called reading friends.

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Curtis Waters:

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