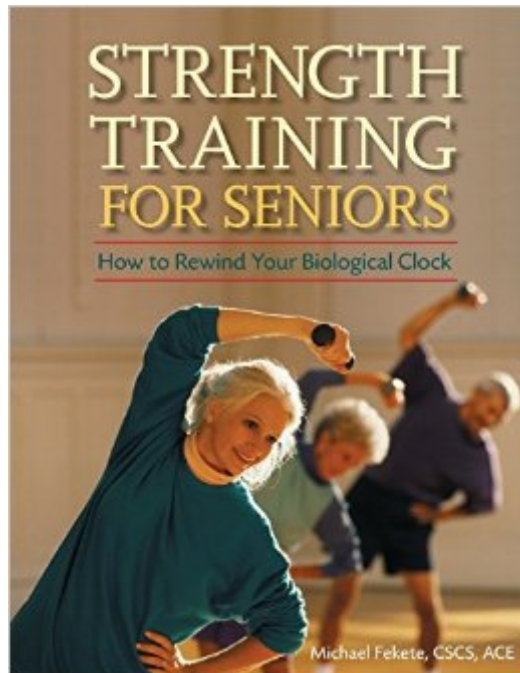


The book was found

# 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

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Average Customer Review: 3.8 out of 5 stars Â Â See all reviews Â (14 customer reviews)

Best Sellers Rank: #716,109 in Books (See Top 100 in Books) #53 in Â Books > Health, Fitness & Dieting > Aging > Exercise #9502 in Â Books > Health, Fitness & Dieting > Exercise & Fitness #55829 in Â Books > Self-Help

## Customer Reviews

This is a beautiful book in many ways. There are good instructions for those who want to do Strength training. However, this book is not for the feeble. Not knowing the exercises that were included, and being 72 and not too apt for exercise, it was not the book for me. If you are 50 and able to get with the program, I am sure you will find a lot of good ideas in which will help your strength.

I liked this book because it gave some really good information about exercising in general, about how the muscles, tendons and ligaments all work in addition to some good exercises and instructions for developing a personal exercise program. Blank worksheets are included to help the reader set specific goals, manage stress, and record progress in workouts. This is a short book but packed with helpful and interesting information on strength training specifically for people over 50. It

also includes several different scenarios from real clients he worked with who had different problems to provide inspiration. To answer the excuse of having no time, Michael Fekete says on pg. 122: "Put your priorities in order. Eliminate the useless, the unproductive, and the nonsensical. You will be surprised at the amount of time freed up for training. The time you allot to exercise is your best investment. If you think that you cannot make time for exercise now, then be sure to make plenty of time for illnesses and hospitals later." I highly recommend this book! I found it helpful.

I first saw STRENGTH TRAINING FOR SENIORS mentioned on FirePointe.com, a senior site dedicated to romance and an energetic lifestyle. Then I read books like Dr. Ruth's SEX AFTER 50 and Jeoffrey and Renee Powell's SEASONED ROMANCE, and saw an overall pattern emerging...to live life to the fullest and enjoy romance and wellness and a great attitude more than ever, fitness is both basic and imperative. All this caused me to start making changes. I ordered STRENGTH TRAINING FOR SENIORS, SENIOR FITNESS and a couple of other related fitness, strength and stretching books. This one is a great primer for all seniors, regardless of your health background. It takes from A to Z, and builds on a growing desire to get stronger, healthier and more agile. You can't go wrong with STRENGTH TRAINING FOR SENIORS! And what a difference a better, stronger body makes in every area of life, including lovemaking.

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!

I received the book quickly, but was not enthralled with it. Actually found better articles online with more concise explanations of different programs and exercises. I'm sorry now that I didn't do the research on line before I paid for the book! I won't make that mistake again.

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 what I expected. If I wanted anatomy physiology lesson I have my med books for that. Just wanted the exercises.

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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) Puppy Training: Step By Step Puppy Training Guide- Unique Tricks Included (puppy training for kids, puppy tricks, puppy potty training, housebreak your dog, obedience training, puppy training books) Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More Good Owner's Clock Guide and Clock Logbook Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house breaking, ... training a puppy, how to train your puppy) Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) The Complete Strength Training Workout Program for Racquetball: Improve power, speed, agility, and resistance through strength training and proper nutrition The Complete Strength Training Workout Program for Squash: Add more power, speed, agility, and stamina through strength training and proper nutrition 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 Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting) 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) Protect, Backup and Clean Your PC for Seniors: Stay Safe When Using the Internet and Email and Keep Your PC in Good Condition! (Computer Books for Seniors series) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Tips and Tricks for the iPad with iOS 9 and Higher for Seniors: Get More Out of Your iPad (Computer Books for Seniors series) Youth Strength Training:Programs for Health, Fitness and Sport (Strength & Power for Young Athlete) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) PUPPY TRAINING: DOG TRAINING: Crash Course in Training Your Dog in Days, Housebreak and Obedience Puppy Training Guide Book Puppy Training: How to Housebreak Your Puppy In Just 7 Days (puppy training, dog training, puppy house breaking, puppy housetraining, house training a puppy,) Brain Games for Dogs: Training, Tricks and Activities for your Dog's Physical and Mental wellness( Dog training, Puppy training,Pet training books, Puppy ... games for dogs, How to train a

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