



Strength Training Over 50: Stay Fit and Fabulous

D. Cristine Caivano

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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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Florence Wiggins:

The book untitled Strength Training Over 50: Stay Fit and Fabulous is the guide that recommended to you you just read. You can see the quality of the publication content that will be shown to you actually. The language that creator use to explained their ideas are easily to understand. The copy writer was did a lot of study when write the book, and so the information that they share for you is absolutely accurate. You also could get the e-book of Strength Training Over 50: Stay Fit and Fabulous from the publisher to make you a lot more enjoy free time.

Francis Garcia:

People live in this new day of lifestyle always try and and must have the free time or they will get lots of stress from both way of life and work. So , once we ask do people have free time, we will say absolutely indeed. People is human not a robot. Then we ask again, what kind of activity do you possess when the spare time coming to you of course your answer can unlimited right. Then do you try this one, reading textbooks. It can be your alternative throughout spending your spare time, the particular book you have read is usually Strength Training Over 50: Stay Fit and Fabulous.

David Goodspeed:

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