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Staying Fit Over Fifty

Bernarr Macfadden



Staying Fit Over Fifty:

Fitness Over Fifty National Institute On Aging,2006-08-01 This fitness manual from the National Institute on Aging gives you the motivation and guidance you need stay fit and healthy as you age with over 25 gym and equipment free exercises Exercise is not just for the young That s right Studies show that people who stay active no matter what their age benefit from exercise Not only can it help you feel better but it makes doing all those day to day tasks easier and more enjoyable Start exercising today with **Fitness Over Fifty** the National Institute on Aging s guide to exercise for men and women over fifty You don t need to join a gym or buy expensive equipment Everything you need to begin your own exercise program is right inside this book Energy strength balance and flexibility are the ingredients that add up to long lasting vitality and health And **Fitness Over Fifty** features practical advice about how you can reach those goals including Exercise safety tips Ways to get and stay motivated Endurance flexibility strength and balance exercises Tips on nutrition and healthy eating Daily weekly and monthly exercise and nutrition records and more With nutrition tips easy to follow exercises and expert advice **Fitness Over Fifty** is the essential guide for staying active even as you age

Staying Fit After Forty Don S. Otis,2001-05-15 According to former Surgeon General C Everett Koop inactivity among Americans is reaching crisis proportions Sixty percent are not active on a regular basis and one in four are not active at all Yet medical science has proven that keeping fit is the key to staying young and as you get older regular exercise and good eating habits or their absence will be crucial to determining the quality and enjoyment of your life In this book you will learn 17 benefits to staying active after 40 8 tips for those who don t have time to stay in shape Common injuries and how to avoid them Practical ways to remaining healthy and active after retirement 11 ways to stay motivated How to eat right for weight control 7 reasons why crosstraining is important for those over 40 11 indicators that you may be training too hard Vitamins and minerals what you need and why you need them Features critical advice for your forties fifties and beyond from nine experts in the fields of exercise health nutrition and counseling compiler author and triathlete Don Otis author and physician Andrew Seddon M D world recognized nutritionist Judy Lindberg McFarland author and Barley Green founder Mary Ruth Swope Ph D counselor and health psychologist Gregory Jantz Ph D sports agent Maryanna Young pastor and Ironman triathlete Jeff Mitchum vice president of Focus on the Family and runner Tom Mason personal trainer fitness educator Laurie Ellsworth

Keeping Fit at Fifty Samuel George Blythe,1921

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