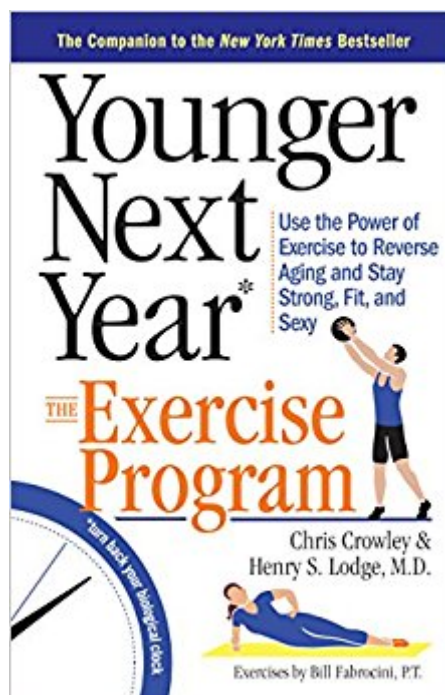




The book was found

Younger Next Year: The Exercise Program: Use The Power Of Exercise To Reverse Aging And Stay Strong, Fit, And Sexy



Synopsis

The definitive exercise book that the one-million-plus readers of the Younger Next Year® series have been waiting for—and the exercise book that takes the intimidation out of starting a workout routine. Based on the science that shows how we can turn back our biological clocks by a combination of aerobics and strength fitness, it's a guide that will show every reader how to live with newfound vibrancy, strength, endurance, confidence, and joy—and it goes deep enough to be your exercise companion for life, even if you eventually take it to Masters levels. Younger Next Year: The Exercise Program combines the best information from the New York Times bestselling Younger Next Year with the cutting-edge knowledge and workouts from Thinner This Year. Here is the revolutionary 10-minute warm-up (critical for maintaining ankle, shoulder, and hip mobility). The five amazing things aerobic exercise will do for your body, and finding the method that works for you. How to get fit better and quicker with intervals. The importance of a whole-body • strength training and a rebooting the core. • Plus, the Twenty-Five Sacred Exercises that will be the foundation for your strength-training routine for life. Â

Book Information

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Customer Reviews

â œ[A] sensible and achievable plan.â • â “Bookpage â œFilled with research-based advice . . . inspirational . . . written with a twinkle in its eye.â •--Miami Herald "This book is the perfect package of motivation and education!" â “ Manhattan Book Review Â

A training program for the rest of your life Â Science proves that we can turn back our biological

clocks through exercise. This is the guide that not only shows you how to start an exercise regimen, but also provides the motivation and know-how to keep it going for life. Â Just as important: Here is the guide that shows the right way to exercise. How much aerobics to do. How to calculate heart rate effectively. How hard to hit those intervals. The magic of dynamic warm-ups versus old-style stretching, and the key to pain-free joints for life. How to do crunches to preserve your back. Â Plus: The 25 Sacred Exercises, the foundation for a whole-body strength-training regimen by Bill Fabrocini, P.T., illustrated and with step-by-step directions for doing each exercise correctly.

If you're getting along in years and think that it's ordained that you will decline, lose vitality, and become frail - READ THIS BOOK!! I did, at my cardiologist's suggestion. Changed my life - and my wife's. We're early 60s and getting strong and fit. We're exercising, hiking, doing regular stretching - and loving it. Feel better than we have in a very long time. Everything is easier. Energy is increased. Mental function is better. Fitness is critical as we age. Fitness is freedom. Fitness is dignity. Fitness is fun. We expect to be strong and active at least into our 80s. Unless we get hit by a truck.

The reason for only three stars: Don't like the journal. Not enough room to comfortably write, and be able to read, all that I want to record. However, the book by itself gets 10 stars! Great information based on research. Very motivational. It has changed my life!!

This book is a wake up call for all of us over 60. Buy it, read it, and live it. Besides being informational, many times it caught me by surprise - leaving me laughing out loud. My wife started getting tired of the many times I made her stop what she was doing to read a passage I selected so she could laugh along with me. Sadly I've loaned this book out so many times, I forget who I gave it to last and it hasn't come back yet.

This is the best book you'll ever read if you want to stay fit after 60. They tell it like it is and really make sense. Exercise is something we all hate, but these authors explain why you must without mincing words. Too many docs see you, give you a script & say see you next year. They never talk exercise & nutrition. You exercise & can't figure why you don't loose weight? Walk every day? This is the last book you'll need for all those answers written in layman's language; we are rotting as we age. To combat the urge to become a couch potato follow these guys' lead and guess what, you can relieve yourself of all that joint paint too...well most of it. Just do it.

This book is full of common sense and science, written with humor and awareness that most of us will not manage the ultimate. But that said, my husband and I have modified our eating, drinking and ramped up our exercise habits and the change is remarkable. In the last 7 months we have lost 38 and 24 lbs respectively. My waist (I now have one) is 7 1/2 in. smaller, my husband's 11 inches. Moreover we are more energetic, our blood pressure is way down, and cholesterol levels continue to drop and yes, thinner is sexier! We were not obese and knew how to eat wisely but we were getting lazy and not making health a priority, using age (I'm 66, my husband 69) as an excuse for inactivity and an expanding waistline. The key for us is consistency and daily exercise, we hit the gym 5 days a week. When this started I had never been on a treadmill before, never used weights. We still eat well, way smaller portions, have wine etc, but the book is a great motivator and it works. I still refer to it and reread sections. I have passed it along to many friends. I feel more optimistic about the quality of my life as I grow older and stronger!

Bought this for my recently retired husband. He has enjoyed the book immensely and from his feedback, the book appears to have sound information on ways to maintain and improve health and wellness. It was recommended to him by a medical professional and seems to have been a great purchase.

If you are anywhere within the "middle ages" (40-60) READ THIS BOOK. An enjoyable read (if you're willing to accept the idea that getting off your lazy ass and getting a little exercise is what the human body was designed for) and full of solid, medically sound, advice. And it's never too late to start. I've given this book to a number of my friends and relatives in their 50s and 60s, and they've all made some level of changes to their diets and activity levels.

It's ok. The entire book could have been condensed into 4 paragraphs. Work out 6 days a week and eat less junk. I was hoping for a whole lot more info.

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