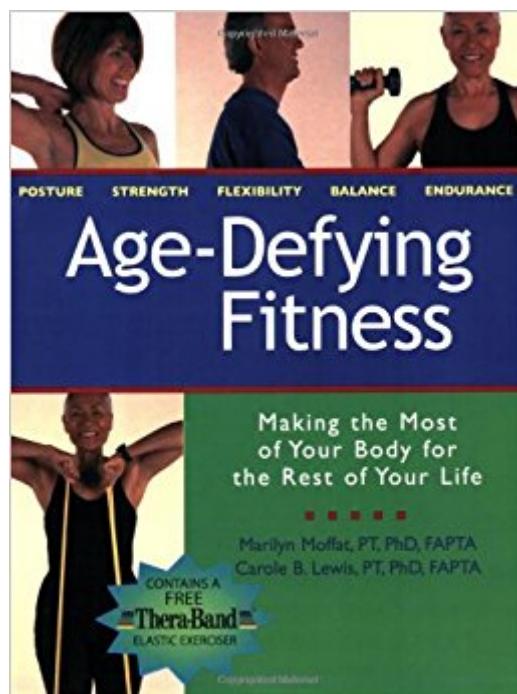


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# Age Defying Fitness: Making The Most Of Your Body For The Rest Of Your Life



## **Synopsis**

THERE IS NO DOUBT that our bodies change with age, as the baby boomer generation is now learning firsthand. But many of the problems attributed to inevitable age-related changes are in fact not inevitable and are often lifestyle induced and reversible. In this new book, Moffat and Lewis show how to overcome the aches, stiffness, and unsteadiness in your muscles and joints. Using their simple, self-administered tests, you will assess your level of physical performance in these five critical domains: posture, balance, strength, flexibility, and endurance. The authors help you develop a personal profile, according to the results of these tests. Easy-to-follow strengthening and stretching exercises, based on the latest clinical research, are included along with a Thera-Band® resistive exercise band for use in some exercises. More than a simple how-to book, Age-Defying Fitness encourages you to take responsibility for your physical well-being, and offers an easy everyday approach to achieving better health.

## **Book Information**

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## **Customer Reviews**

If you are an aging baby-boomer, chances are good you will fail this book's quick quiz assessing your overall physical health. Read on and you may soon earn a passing grade. Clinical physical therapists Moffat and Lewis pose to the reader eight simple questions-among them: Do you slouch, are stairs a strain, is it difficult to look over your shoulder while backing up your car, do you get stiff sitting through a movie, can you easily stand on one leg while putting on your shoe? These are all age-related physical changes that find their solutions in activity. You've got to move, but you also

need the right regimen. Moffat and Lewis allow you to personalize an exercise program that addresses posture, strength, balance, flexibility and endurance. In each category, they explain what is causing the changes and the deterioration (or lack thereof, should you be so lucky), and they design a program from individual exercises to complete routines, offering constant tips for motivation. The assessment routines are actually enjoyable, and a crisp reminder of things you once did naturally, and can do again. A comprehensive, accessible, individualized program to counter the aging process. --KirkusClinical physical therapists Moffat (NYU) and Lewis (geriatrics, George Washington Univ.; founder & president, Premier Physical Therapy) provide excellent, easy-to-understand guidance for baby boomers looking to assess their level of physical fitness in five domains: posture, strength, flexibility, balance, and endurance. Chapter 1 sets the scene, explaining changes that take place as our bodies age. Simple tests, well illustrated with clear black-and-white drawings and photographs, enable readers to assess their capabilities and lead to a personal profile for physical fitness in each of the five domains. Many of the strengthening and stretching exercises use the Thera-Band resistive band; others use only wrist or ankle weights and a sturdy chair. The benefits of each exercise are listed, while charts and work sheets allow readers to track their progress. A great resource for determining one's fitness level and custom-tailoring a program: highly recommended for public libraries, though selectors should note that a bound-in insert contains the Thera-Band . --Library Journal

MARILYN MOFFAT, PhD, PT, an internationally recognized leader in the field of physical therapy, is professor of physical therapy at New York University. In 1997, she completed a six-year term as the president of the American Physical Therapy Association (APTA). She is currently on the executive committee of the World Federation for Physical Therapy. She has also been in private practice for almost forty years. CAROL B. LEWIS, PhD, PT, is founder and owner of a large physical therapy practice in Washington, DC. She currently serves on the medical faculty of George Washington University as a full adjunct professor in the Department of Geriatrics. Lewis has published numerous textbooks and articles in the field of aging. She has a PhD from the University of Maryland and two masters degrees from the University of Southern California.

As someone else has written in another review, the postcard offer at the end of the book for the free Theraband has been ripped out (see cover page advertising the free offer). Very disappointed since the Theraband offer was one of the reasons I purchased this book rather than a comparable one. There does seem to be some adequate assessments for one to take to gauge one's fitness level,

however, many of these assessments require a Theraband to complete.

The book has been very energizing. It has both descriptions and exercise plans. For those of us in senior living, the tendency can be to sit down but we will quickly lose our mobility. I have used this book very successfully to keep myself in good shape. Requires some self discipline but it is worth it.

I have'nt started exercising as this book directs, but it is science based, helping readers assess their current level of conditioning. Now I expect to pick on exercises I valued after some physiotherapy, and exercise 30 minutes three times a week. I am 80-plus, and have modest ambitions.

I love the fact that this book a) uses "average" looking models b) explains why you might want to do each exercise c) gives alternatives if you aren't in enough shape to do the exercise. It's great. Just sent it as a present

This book has an incredible amount of information presented in a straightforward way that makes it very useful. I am a physical therapist and have found that my patients and friends have appreciated the way it explains the different aspects of fitness (flexibility, strength, endurance) and gives them easy ways to monitor their status and improvements in all three areas. A great book for all adults, but especially those over 50 can benefit from learning how to achieve their best physical self so they can maximize their energy and physical abilities.

This is a comprehensive and safe guide that is easy to follow. I feel it is very safe and a great place to start. I loved the assessment tests so I can let my seniors know how to measure their progress. I highly recommend this book!

Excellent book for older people getting into exercise. Very easy to read with nice pictures.

I think this book is very valuable and I am slowly working my way through the chapters and the five aspects of aging.

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