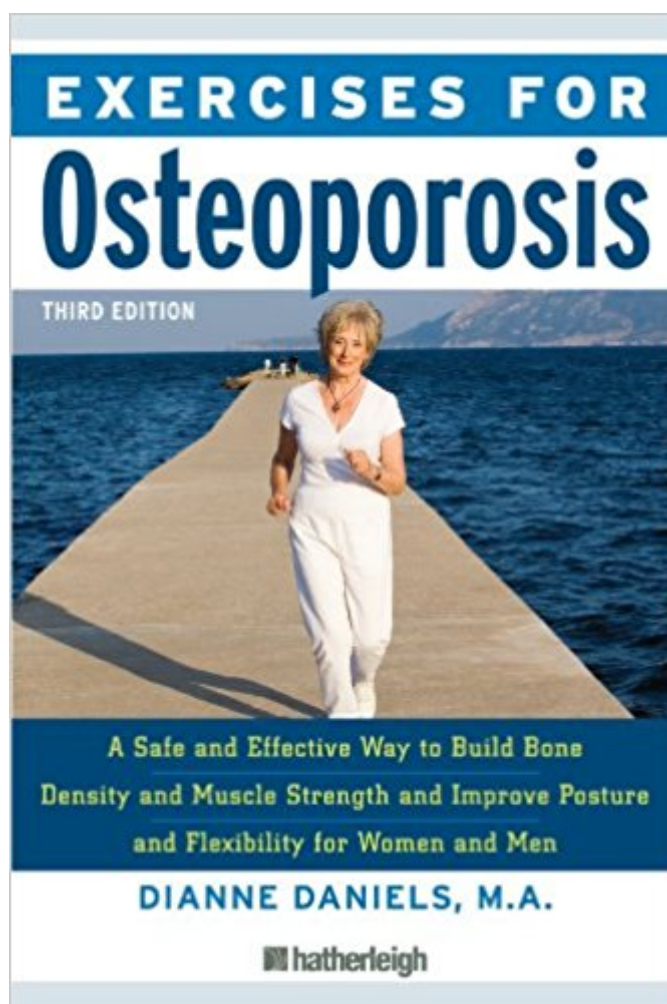


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# Exercises For Osteoporosis, Third Edition: A Safe And Effective Way To Build Bone Density And Muscle Strength And Improve Posture And Flexibility





## Synopsis

The definitive and easy-to-follow exercise guide for maintaining healthy, strong bones. More than 25 million Americans, almost 10% of our population, suffer from osteoporosis. While it is often thought of as an old woman's disease, about 20% of osteoporosis sufferers are men and a growing number of young women, especially athletes, are being diagnosed with the disease. The good news is that we can help prevent and treat osteoporosis and its precursor, osteopenia. Exercise can increase bone density, strengthen muscles, and improve balance and flexibility, thus reducing the risk of injury and helping to maintain daily functioning. Featuring a comprehensive approach that incorporates yoga, Pilates, and Feldenkrais techniques with traditional weight-training and aerobics exercise, the third edition of *Exercises for Osteoporosis* includes:

- Targeted exercises for at-risk body parts including hips, spine, wrists, and ankles
- All-new sections on improving balance and flexibility to help prevent falls and fractures
- Complete beginner, intermediate, and advanced workout programs

With more than 125 detailed exercises for people at all levels of fitness and all stages of the disease, *Exercises for Osteoporosis* is the best preventive medicine and the right prescription for maintaining health and well-being.

## Book Information

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## Customer Reviews

DIANNE DANIELS, M.A., has a master's degree in exercise physiology from Columbia University. A former health educator with the New York City Department for the Aging, her advice

has been quoted in Self, Fitness, and many other magazine, radio, and television shows. She is on the faculty of the American Council of Exercise and has taught academic and practical courses for fitness professionals since 1992. A certified Feldenkrais practitioner, Pilates instructor, yoga teacher, and personal trainer, she now practices in Boothbay Harbor, Maine.

This is a wonderful guide to exercises which are done to prevent osteoporosis. The author has a master's degree in exercise physiology so she is well qualified to write this book. Some of the exercises require equipment like weights or a pilates ring. The only thing I didn't like was that she would often move from sitting exercises to floor exercises and back again which is a nuisance. I have been doing these exercises for three weeks and my muscles are happily sore.

I need tougher workouts.

Good overall exercise manual for older women with or without bone density issues. So many exercise books/videos are either for the energetic younger woman or else for the opposite extreme of the fragile. This is for active women who want to be careful not to do harm exercising.

This is a terrific book I also have 2 of these (one from the Library) Really really good Can't thank you enough

I volunteer in the library and saw this book. I took it home and thought to my self I have to have this. I love the book it is so helpful.

Too much information that was not very well explained. The book could have been laid out better and more explanation on how to organize and exercise plan.

Prompt service. The book is just what I hoped for, very helpful. It shows how the exercises will help and gives suggested exercise programs.

This book has lots of different exercises, so no chance of getting bored with them. There are 3 levels - each with enough resistance, balance, posture & stretching exercises - all great for people with osteopenia & especially osteoporosis. It was definitely a good buy.

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