



Age Defying Fitness: Making the Most of Your Body for the Rest of Your Life

Marilyn Moffat, Carole B. Lewis

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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.

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