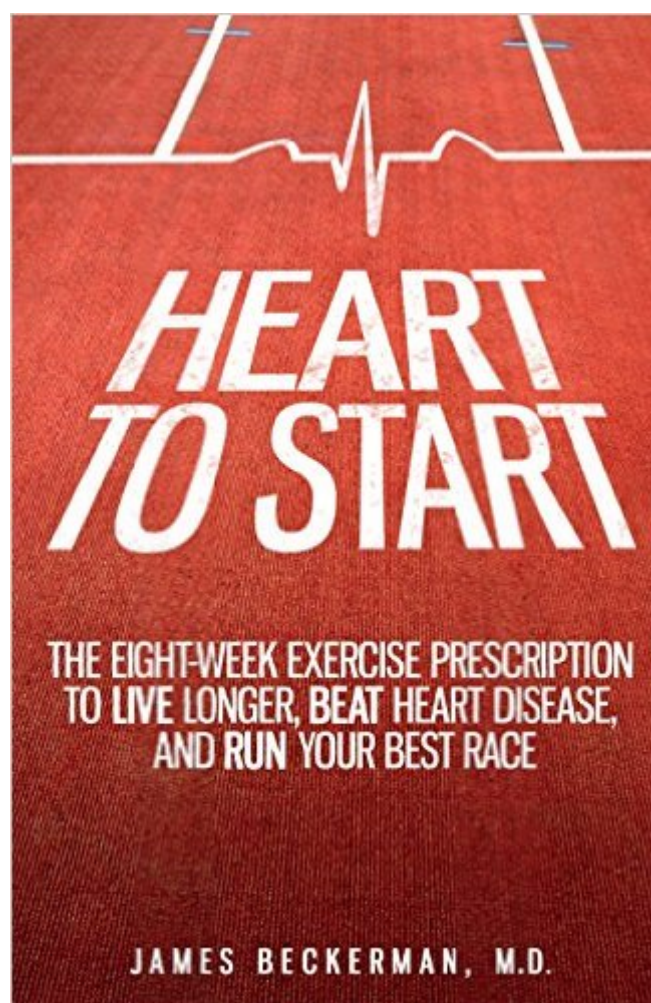


The book was found

Heart To Start: The Eight-Week Exercise Prescription To Live Longer, Beat Heart Disease, And Run Your Best Race



Synopsis

Do You Have the Heart to Start? Heart disease is the #1 killer of men and women everywhere. All of us are at risk, which means that all of us have the opportunity to make a difference for ourselves and our families. This is your first step. Live Longer. Get on your feet and add years to your life. Find your starting line with fun fitness self-assessments and get on track with an exercise prescription that is actually tailored to you. Beat Heart Disease. Dr. James Beckerman, a Harvard and Stanford trained cardiologist, explains the latest scientific research and combines motivation with modern medicine to help you live your healthiest life, whether you have heart disease or are one of the millions of people at risk. Run Your Best Race. Eight weeks will get you into shape, and the 5K training plan will get you across the finish line. Join our #hearttostart team, sign up for an event, and achieve a new goal! Learn more at hearttostart.org and become part of our movement at facebook.com/hearttostart.

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Customer Reviews

I started this book with one perspective and finished completely with another. When I began the book, it was as an internal medicine physician with hundreds of patients with high cholesterol, diabetes, high blood pressure, or heart disease who need help reducing their risk and extending their lives. I figured, let's see if there's anything useful for these patients. By the time I finished, I was looking at my own habits and realizing all the simple changes that I could make to live longer and better for my own family. It's not that I'd never heard of the concepts in this book, it is the way Dr. Beckerman takes you through them that sets this book apart. From the first page to the last, he seems to be standing with you (and I literally mean standing-- see chapter 2!) as a guide, a coach, a

physician, and a person who simply wants to share proven, practical approaches to improving health. He keeps the messages clear-- why certain activities make a difference and how to actually do them. And heart disease or not, everyone could benefit from the recommendations in this book. So yes, I expect I'll be recommending this book to many of my patients because, frankly, in my 15 minute office visits I don't have time to cover everything I'd like. But this recommendation will go not only to my patients, but to my parents and many friends as well. And as for me, I can say this: I wrote this review standing up. It's a Start. Highly recommended.

Written from his heart, Dr. Jamie Beckerman has created a great tool for anyone looking for a guide to help them set goals and live a healthier life. Dr. Beckerman captured my attention from the first page with his real-life story of witnessing a heart attack. Heart to Start is easy to read and includes fitness self assessments so you can track your progress. Once you're ready to commit, the book has a detailed eight week workout plan that includes aerobic and resistance exercises. I highly recommend this book to anyone looking for motivation to start an exercise plan or set a new fitness goal!

I was so impressed with this book! Dr. Beckerman's commitment to wellness and using the power of exercise to heal is evident in every page of this book. His writing style is personable and easy to read - even when presenting scientific information. I was really touched by his personal reflection on why he got into cardiology. The inspiring stories from people who have used exercise to recover from heart disease and transform their lives are a great touch. This book and Dr. Beckerman's program stands out in its simplicity and accessibility. Exercise doesn't have to be complicated and this book explains this perfectly!

Patients diagnosed with cardiac disease often believe that they need to stay sedentary for the rest of their lives. Dr. Beckerman explains in an easy-to-understand, caring manner that this isn't necessarily the case. In fact, he notes that physical activity, done in the right manner, will promote better cardiac health over the long term. This book provides a wonderful guide in helping patients get back on their feet. It contains a logical approach that is comprehensive, yet simple to follow. Dr. Beckerman's prose catches the reader from the outset, and his entertaining style keeps you engaged.

A few years ago, one of my doctors suggested that I needed to be more active or I would have

issues getting around as I age. I also had read enough about the benefits of exercise to know that I should do something to get more active but I still could not get off the couch. The Heart to Start program gave me the tools to get off the couch. I have been lucky to be a Heart to Start participant from the beginning but in this book you will get the same kind, compassionate, and realistic coaching from Dr. Beckerman's book that I have received in person. Also, he makes no false promises and provides many citations to research to bolster any claims that he makes. Check with your doctor first to make certain that you are safe to exercise and if you are, this book can provide the guidance that you need to get off the couch and become more active.

The difference between exercise-for-weight-loss and exercise-for-overall-health is a really important one, and this book lays it out extremely well. I enjoyed the gentle, enthusiastic, optimistic voice of the doctor/narrator, too.

At one point in the book, Dr. Beckerman explains his regular transformation to coach from physician as he works with his Heart to Start participants. In this tight, uplifting book, he transforms himself to coach again, but this time from author. As you read along, his confident command of the research mixed with his kind, encouraging tones makes it easy to imagine that he's right there with you on your way out to train, handing you your water bottle, reminding you of your goals, and sharing your nerves and excitement as you set out to change your life. I read this book looking for ways to encourage others struggling with a heart-healthy life but it turns out Dr. Beckerman's emphasis on the personal journey to a healthier, more fulfilling life can speak to us all no matter what our fitness level. The book universalizes the experience of pushing ourselves forward whether we are patients, supporters, athletes, or all of the above! Thank you, Dr. Beckerman, for your time and your compassion!

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