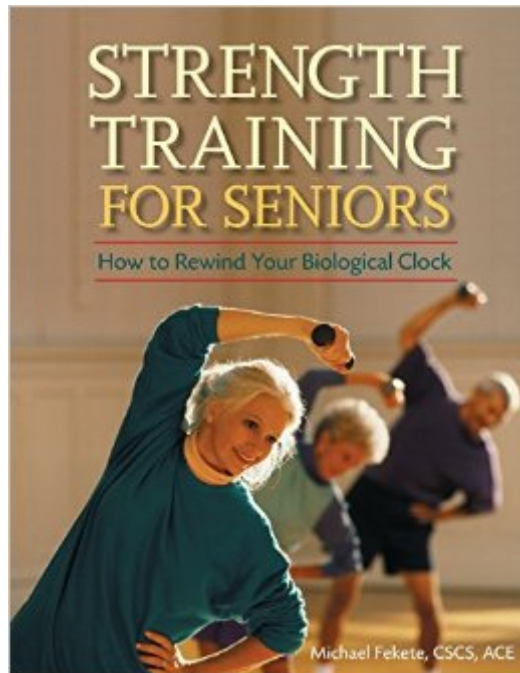


The book was found

# Strength Training For Seniors: How To Rewind Your Biological Clock



## Synopsis

Regular exercise can reduce a person's biological age by 10 to 20 years, and the key to exercising effectively is maintaining and increasing strength. A higher level of strength also improves immune systems, helps prevent age-related diseases such as diabetes and osteoporosis, lowers stress, and increases mental acuity. Written by a master athlete over 50, this accessible book offers specific exercises for improving health and fitness, tips on maintaining and increasing mobility and motor skills, nutritional advice, strategies for stress management, and worksheets for personal strength training schedules.

## Book Information

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Average Customer Review: 3.8 out of 5 stars [See all reviews](#) (14 customer reviews)

Best Sellers Rank: #716,109 in Books (See Top 100 in Books) #53 in [Books > Health, Fitness & Dieting > Aging > Exercise](#) #9502 in [Books > Health, Fitness & Dieting > Exercise & Fitness](#) #55829 in [Books > Self-Help](#)

## Customer Reviews

This is a beautiful book in many ways. There are good instructions for those who want to do Strength training. However, this book is not for the feeble. Not knowing the exercises that were included, and being 72 and not too apt for exercise, it was not the book for me. If you are 50 and able to get with the program, I am sure you will find a lot of good ideas in which will help your strength.

I liked this book because it gave some really good information about exercising in general, about how the muscles, tendons and ligaments all work in addition to some good exercises and instructions for developing a personal exercise program. Blank worksheets are included to help the reader set specific goals, manage stress, and record progress in workouts. This is a short book but packed with helpful and interesting information on strength training specifically for people over 50. It

also includes several different scenarios from real clients he worked with who had different problems to provide inspiration. To answer the excuse of having no time, Michael Fekete says on pg. 122: "Put your priorities in order. Eliminate the useless, the unproductive, and the nonsensical. You will be surprised at the amount of time freed up for training. The time you allot to exercise is your best investment. If you think that you cannot make time for exercise now, then be sure to make plenty of time for illnesses and hospitals later." I highly recommend this book! I found it helpful.

I first saw STRENGTH TRAINING FOR SENIORS mentioned on FirePointe.com, a senior site dedicated to romance and an energetic lifestyle. Then I read books like Dr. Ruth's SEX AFTER 50 and Jeffrey and Renee Powell's SEASONED ROMANCE, and saw an overall pattern emerging...to live life to the fullest and enjoy romance and wellness and a great attitude more than ever, fitness is both basic and imperative. All this caused me to start making changes. I ordered STRENGTH TRAINING FOR SENIORS, SENIOR FITNESS and a couple of other related fitness, strength and stretching books. This one is a great primer for all seniors, regardless of your health background. It takes from A to Z, and builds on a growing desire to get stronger, healthier and more agile. You can't go wrong with STRENGTH TRAINING FOR SENIORS! And what a difference a better, stronger body makes in every area of life, including lovemaking.

This is a well thought out plan for getting into shape and building endurance. It takes a while to get going after years of slack but I'll get into a workout that's comfortable but still challenging - I have high hopes!

I received the book quickly, but was not enthralled with it. Actually found better articles online with more concise explanations of different programs and exercises. I'm sorry now that I didn't do the research on line before I paid for the book! I won't make that mistake again.

Clear pictures, understanding of senior health and other problems are all clearly described in this thorough book. It was a pleasure to read and I felt like all the exercises were doable and interesting. A very good choice on the subject.

Not what I expected. If I wanted anatomy physiology lesson I have my med books for that. Just wanted the exercises.

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