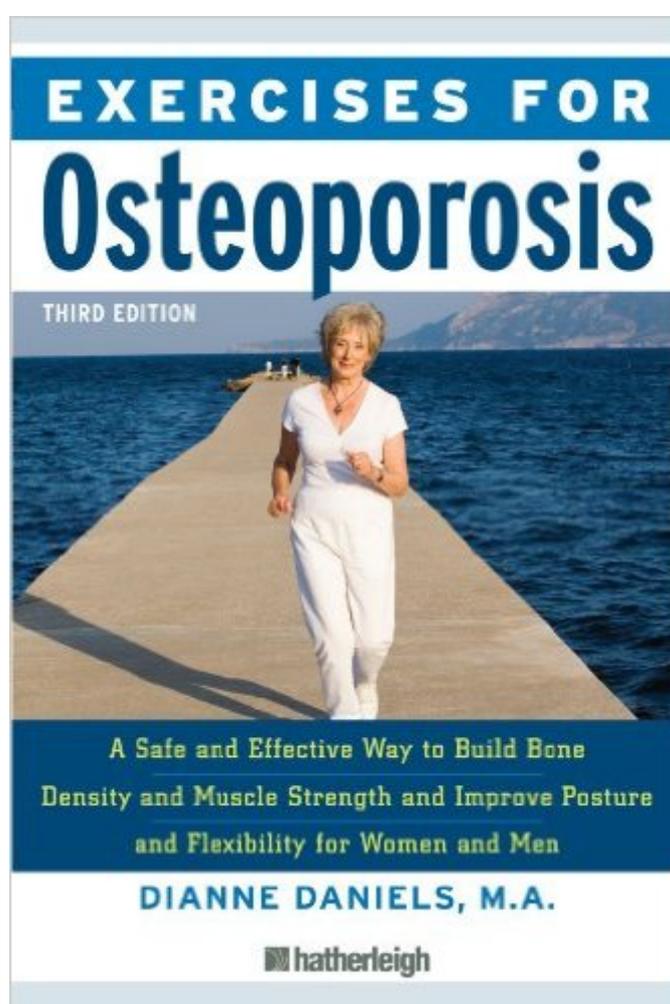


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# Exercises For Osteoporosis, Third Edition: A Safe And Effective Way To Build Bone Density And Muscle Strength And Improve Posture And Flexibility



## 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

My main complaint is that the first hundred pages came unglued from the binding the third time I used it. The other pages are barely hanging on. In a way that might be the way to use the book--line

up the loose pages in the recommended order for your capability. Otherwise you will have to do a lot of page turning back & forth. I started out with sticky notes on each page to tell me to what page to turn for the next exercise. The introduction has some good information about the importance exercise can play in rebuilding bone. It says to begin at a level commensurate with, or even below your current strength and progress to the harder ones. Many of the exercises fall way below my current strength, so I don't see how they would build my bones. But a few like the regular pushup is impossible for me. Even though I didn't feel like I had a hard workout, my muscles were sore the next day, so any exercise is more beneficial than my normal routine of sitting at the computer most of the day. The book explains that technique is important--who wants to take the time and effort to exercise with no benefit. It has two pictures of a person (not a stick figure) to illustrate the exercise movement. The text tells you the starting position, the action to perform, then some details or pointers to do it correctly. For example it will say, "engage your transverse abdominals" and refers you to another page that is supposed to explain how to do that (about 150 words.) I still didn't get it, so I searched the Internet and found out the details I needed to know: an anatomy picture of that muscle group and 356 words about the correct technique to exercise them. Granted twice the words should have twice the information, but compared to the book I'm reviewing here, it seemed more like five times the information. Of course that book cost about five times the price of this one, but it was a hard back and I doubt the pages would fall out.

I recently (last 4 months) took a series of falls (I was 73 at the time--have a birthday today, am now 74) and took a twice a week, 5 week physical therapy session which has helped tremendously with my balance and strength. It was recommended that I continue to do 10 exercises 3 times a week. I have a copy of the exercises, but this book gave me more detail about each and also offered other exercises I could do the other days of the week. The pictures and explanations are clear and concise. Thank Diane for her contribution.

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 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.

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.

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.

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.

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