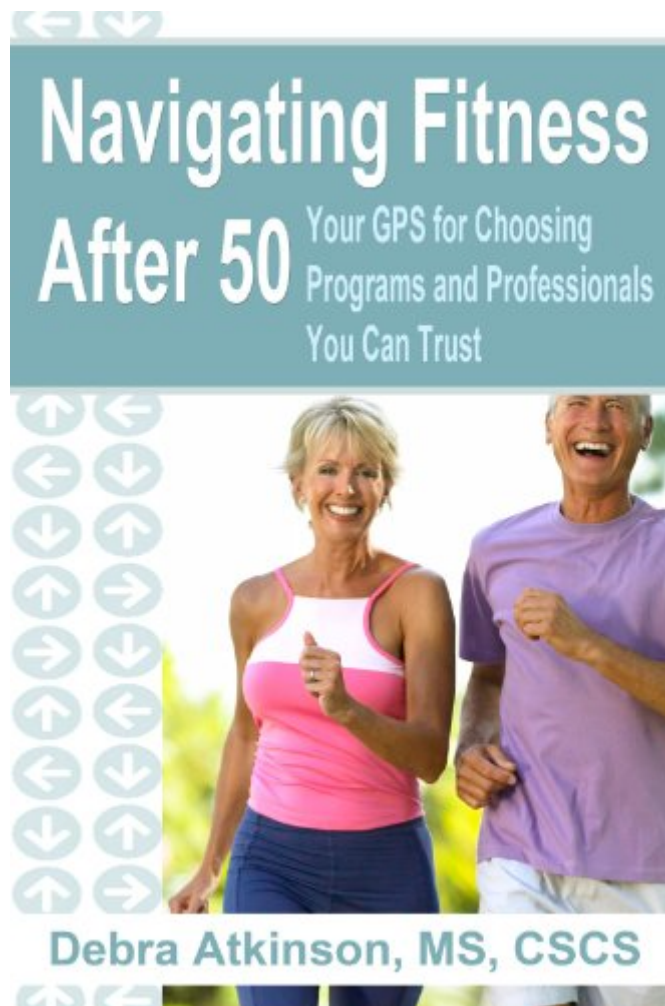




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Navigating Fitness After 50: Your GPS For Programs And Professionals You Can Trust



Synopsis

Exercise is no longer a choice, it's the only choice. The question is what, how and who can you trust. This is the book that will tell you. It will tell you what to expect, demand, ask and what to run from. It's a peek behind the scenes from a trainer. This is not an exercise program though there are links to exercises videos. It's not a list of to-do but it is a conversation starter and a shopping list for visiting your local fitness center. You'll be armed and empowered with the information about what to do with a lower back issue, avoiding or treating osteoporosis and more or, just maintaining your optimal vitality in your second half. This is the inside story from a barely boomer and 28-year veteran of the fitness industry. Debra Atkinson is a prior University Senior Lecturer in Kinesiology, an International Fitness Presenter, Group Fitness Instructor & Manager, Personal Trainer, Personal Training Director and author. Navigating Fitness After 50 will help you: Develop a needs list tied to your status, wants and goals. Create a set of questions to find the right gym, group and trainer. Achieve optimal results by using the resources you need. Turn skepticism into confidence when you know what to ask. Optimize your personal network. Minimize risk of injury and frustration due to lack of results. Get the most out of the investment of exercise, time and money. Take control of your health by understanding resources available to you (and asking for what you want). If you're already exercising Navigating Fitness After 50 will serve as a reference to how your program measures up and where you might improve it to improve results. That's the warm up, let's get started.

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Customer Reviews

Though I already exercise this gives me more incentive and better tools to utilize my workouts to maximize the benefits. No, I do not have the luxury of a personal trainer as this book so often refers to, but I'm confident in doing it on my own.

Intellectual and research based information provided for healthy living. For those who cringe every time they hear an advertisement for a way to lose 30 pounds in 30 days, you will appreciate a book that deals with healthy living in an accurate and science based approach.

This book is helpful and well written. I knew of the author's background in fitness and felt comfortable that this information would be current and accurate. I purchased the book to help me in deciding what to look for in a personal trainer. I am armed now with what I need, to ask questions, and what to look for in this important decision. Being over 50 and overweight with knee and hip issues I needed to find the right fit for me. This book really steered me in the right direction. I need to get on a exercise program I can live with and a trainer who understands that. This book helped with what to look for. It also confirmed and reinforced in doing things correctly and finding the right program or trainer for me. It was eye opening, refreshing and informative, if you are over 50 and lost and in need of a fitness regime-- this will give you direction you can count on. I wish the author would have spent more time in the strength chapter, otherwise, very helpful. 4 stars.

I found this book to be very informative. I have exercised off and on all my life, consider myself to be pretty active. I have belonged to gyms all my adult life, and have been doing pretty much the same workout routine for the past several years. Although I feel pretty fit, I am certainly not fit enough, and I believe now that it's because of my workouts. I need to switch it up, and this book has helped me realize this. The author does a great job combining her knowledge of fitness with her knowledge of healthy eating habits. I am approaching my sixties and this will help me move into the next decade with my workout routine. I highly recommend this to anyone over 50 wanting to remain actively fit,

getting fit, or continuing with their current fitness program.

So I have been fairly lucky and been coasting for a LONG time in my "sometimes workouts" and with no coach since I didn't want to risk paying someone who didn't know how to deal with my back and neck problems. Had no idea how to find the right person. This book has great info to steer that as well as all the other fitness decisions and plans. I am at that brink of losing ability to function in so many activities if I procrastinate any longer. I am ready to find a fitness professional and movements and activities that will help me enjoy this phase of my life. Huge amount of info, well-written particularly for us with Boomer minds & bodies. The author has excellent credentials and experience.

This book was a bit of a shock. I have hired personal trainers before and they didn't relay the same content here. I'll be much more careful next time. Based on the research included in the book I don't think I had the best exercise program for my goals and am not surprised I wasn't inspired to continue. Some of the videos in the back section of book are for much older and less fit people than the chapters in the book but overall good read. I'd have paid more for a trainer who gave the kind of service included here.

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