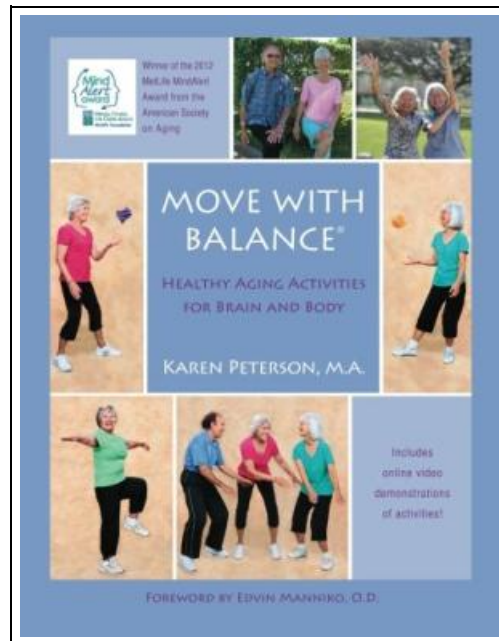


Move with Balance: Healthy Aging Activities for Brain and Body



Filesize: 6.75 MB

Reviews

Complete information for publication enthusiasts. I have go through and that i am confident that i will gonna go through once more again in the future. Its been printed in an exceptionally basic way and is particularly just following i finished reading through this book by which basically altered me, alter the way i really believe.

(Angela Kuhn)

MOVE WITH BALANCE: HEALTHY AGING ACTIVITIES FOR BRAIN AND BODY[DOWNLOAD](#)

Giving Back, United States, 2013. Paperback. Book Condition: New. 277 x 213 mm. Language: English . Brand New Book ***** Print on Demand *****.Our intention is to improve the lives of elders, helping them stay mentally alert and sharp, and reducing their risk of falls and accidents. You can participate as a group leader, a caregiver, or on your own. Perhaps you are aging, you work with elders, or you are concerned about your aging parents. Here s how to bring confidence and joy into the aging years. This brightly illustrated book, which links to 60 on-line demonstration videos, is loaded with dozens of movements (not exercises) that anyone can do, even the frailest elder. The payoff: increased coordination, sharper cognitive skills, better vision, and enhanced self-confidence. Preventing falls means preventing disaster! Staying mentally alert and sharp is paramount. Please go to our website to learn about our award-winning program. Move With Balance(r) is the winner of the 2012 MetLife MindAlert Award from the American Society on Aging in the category for programs designed to enhance mental fitness for the general population of older adults. One independent study shows a 38 reduction in falls for the treatment group. This is not a workout program in the usual sense with muscle-strengthening and limbering exercises as the primary goal. The activities combine coordinated movement with cognitive skills. For example, we move, but while we move we read, or recognize shapes, or recite a poem. The underlying principle: challenge the brain and body simultaneously with some sensory-motor activity, repeat until the challenge becomes easier or even automatic, then up the stakes by repeating the activity at a higher level. Once you buy the book, you have access to the videos. Along with full color photos of the exercises, the book explains the movements...

[Read Move with Balance: Healthy Aging Activities for Brain and Body Online](#)[Download PDF Move with Balance: Healthy Aging Activities for Brain and Body](#)

Other eBooks



The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators...

[Save](#) [Document](#)

»



Violin Concerto, Op.82: Study Score

Petrucchi Library Press, United States, 2014. Paperback. Book Condition: New. Urtext ed.. 274 x 213 mm. Language: English . Brand New Book ***** Print on Demand *****.Premiered by the renowned violinist Leopold Auer in St....

[Save](#) [Document](#)

»



No Cupcakes for Jason: No Cupcakes for Jason

AUTHORHOUSE, United States, 2005. Paperback. Book Condition: New. 223 x 213 mm. Language: English . Brand New Book ***** Print on Demand *****.No Cupcakes for Jason is the delightful children s story of five-year old...

[Save](#) [Document](#)

»



Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book ***** Print on Demand *****.Mr. George Smith, a children s book author, has been...

[Save](#) [Document](#)

»



I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy...

[Save](#) [Document](#)

»

**Oxford Reading Tree Read with Biff, Chip, and Kipper: Phonics: Level 5: Egg Fried Rice (Hardback)**

Oxford University Press, United Kingdom, 2011. Hardback. Book Condition: New. 172 x 142 mm. Language: English . Brand New Book. Read With Biff, Chip and Kipper is the UK s best-selling home reading series. It

[Save ePub](#)

»

**ESL Stories for Preschool: Book 1**

Createspace, United States, 2013. Paperback. Book Condition: New. 212 x 210 mm. Language: English . Brand New Book ***** Print on Demand *****.A big attractive colourful book for ESL beginners, aged 3 to 5. It

[Save ePub](#)

»

**Variations on an Original Theme Enigma , Op. 36: Study Score**

Petrucci Library Press, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.Dedicated to my friends pictured within, Elgar s orchestral showpiece started

[Save ePub](#)

»

**Adult Coloring Book Birds: Advanced Realistic Bird Coloring Book for Adults**

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Take your coloring to the next level with this Advanced

[Save ePub](#)

»

**To Thine Own Self**

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Carefree and self assured Carolyn loves her life. Her uncle runs

[Save ePub](#)

»