



Time Machine: A Program for Restoring Body, Mind and Spirit for the Over Fifties (Paperback)

By Dr Elizabeth Kaziro

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******.TIME MACHINE is a reminder to everyone over 50 that there is a need to use the body, mind and discover the spirit to ensure quality of life. There is a great potential through exercise and fitness training to overcome immobility, balance problems and a range of medical problems. Many psychological disorders including depression are also resolved through exercise. TIME MACHINE is a guide and companion for medical practitioners, allied health and everyone over 50 who has a vision of their own potential as a fit and healthy senior. The book is divided into two: Achieving Fitness After 50 - which describes fitness testing, exercises for daily balance and ageing, strength resistance training and cardiorespiratory training. Energy systems are interpreted as well as training for flexibility and suppleness. The importance of core stability is emphasised and finally the freedom and joy of outdoor activity. Part Two is for specific client groups who may have medical conditions as well as psychological or cognitive impairment. Targeted exercise prescription is provided for a range of medical conditions. TIME MACHINE is about motivation as...



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