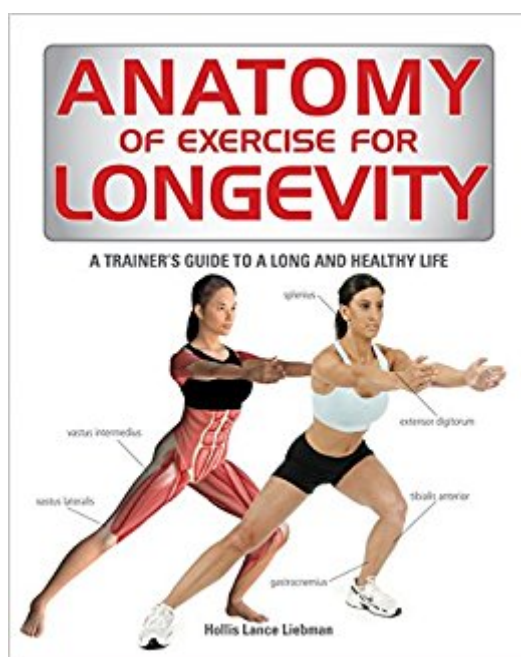


The book was found

Anatomy Of Exercise For Longevity: A Trainer's Guide To A Long And Healthy Life



Synopsis

A recent study by Brigham and Women's Hospital and the National Cancer Institute found a direct relationship between levels of physical activity and increased longevity, regardless of body weight. The results revealed that walking briskly for just 11 minutes per day was associated with a gain of 1.8 years of life expectancy, compared with doing no such activity. Walking briskly for 43 minutes a day was associated with a gain of 4.5 years! Facts like this make it hard for almost anyone resisting exercise to find a reasonable excuse. *Anatomy of Exercise for Longevity: A Trainer's Guide to a Long and Healthy Life* is the latest addition to a best-selling series and the ideal guide to approaching and maintaining physical activity beginning at any age. The *Anatomy of...* books are revolutionary for their accessibility and insight into how different muscles of the body actually work during exercise. As such, they meet a variety of amateur and professional needs. In all, the series' ten titles have sold more than 250,000 copies in North America. This new book will perhaps be the most enthusiastically received. After all, everyone wants to live longer. The features are: Full-body anatomy illustrations, front and back Full-color photographs of exercises Annotated full-color anatomical illustrations for all exercises Identification of active, stabilizing and benefitting muscles Concise how-to instructions for each exercise Level-of-difficulty modifications "Best For" information boxes Safety tips boxes Glossary of anatomical terms. No other exercise book provides such rich detail tailored to the general reader. Approachable, non-judgmental and accessible, it is the ideal resource for anyone who wants to live a long, healthy and active life-- and don't we all?

Book Information

Series: Anatomy of

Paperback: 160 pages

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Average Customer Review: 4.8 out of 5 stars 7 customer reviews

Best Sellers Rank: #372,599 in Books (See Top 100 in Books) #88 in Books > Health, Fitness & Dieting > Aging > Longevity #4826 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

Bestseller, Health and Fitness (Toronto Star 2015-11-14) Guides readers through exercise regimens designed to keep you strong, flexible and heart-healthy for the long haul. Minimal gear is required: a set of dumbbells and hand weights, an exercise ball and resistance bands. Mr. Liebman, who is also a personal trainer, recommends yoga moves and range-of-motion stretches, cardio, resistance and core-strength workouts to build mobility and balance. Detailed instructions and illustrations show how to perform each exercise properly, avoiding strain or injury. For each exercise, the benefits are explained (building endurance or increasing coordination, for instance), the target area revealed (such as back or abdominals) and caveats are issued when a workout isn't advisable because of a particular condition, weakness or injury. He provides the tools to customize workouts to fit your particular goals. His training mantra: It's never too late to start-and it's never too early, either. (Diane Cole Wall Street Journal 2015-11-29)

Hollis Lance Liebman has been a fitness magazine editor and national bodybuilding champion and is currently a fitness trainer for some of Hollywood's elite. Previous books include Anatomy of Exercise for 50+: A Trainer's Guide to Staying Fit Over Fifty. His web site is www.holliswashere.com.

I've been using workout routines for core strength, balance & range of motion. There are other workouts available and I'll be doing those too, rotating them into what I'm already doing. I'd rather have dvd but the book is clear & concise with large easy to follow illustrations. The price of the book is what 1st caught my attention, then it was a subject of my interest to begin getting back in shape after an accident. I use it as a compliment to YouTube videos because it has a good variety that YouTube doesn't always have. The book was delivered in perfect condition and on time that was advertised.

Great book. I use it to create fitness programs for clients. It allows me to show them exactly what muscle(s) each movement works.

My husband and I love this book. It has most everything for everyone and we look forward to using it for many years.

Great book as a reference!

Great illustrations.

Book arrived in excellent condition and was as described.

THANKS

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