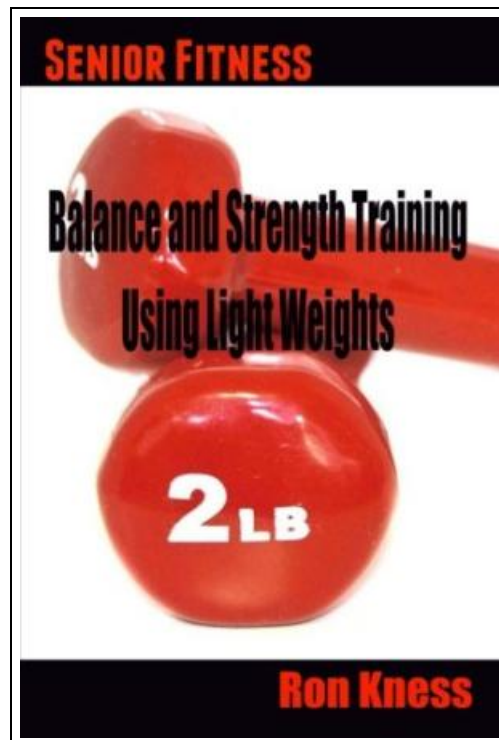


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SENIOR FITNESS - BALANCE AND STRENGTH TRAINING USING LIGHT WEIGHTS (VOLUME 3)



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 60 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. As you age you notice that you are not as strong as before. Most of us simply chalk that up to the natural aging process. However, to fight the physical dangers of aging, strength is very important. We are not talking about bodybuilding and packing on bulky muscles. What we mean is simply making your body stronger so that you don't become part of one of the following statistics . . . Falls in those 75 or older contribute to 70 of accidental deaths. Respiratory issues such as COPD are the 3 cause of death for men and women 65 and older. 1 in every 3 people over 65 will fall each year. (Doctors are certain this number is drastically higher, since many falls are not reported because of embarrassment or concern over medical bills.) 1 in 5 Americans over 65 suffer from a lack of independence and reduced quality of life due to osteoporosis and/or diabetes. If you are 80 years or older, there is a 50 chance you will fall. As a senior citizen, if you fall once, you are 200 to 300 more likely to fall again. Heart disease impacts 26 of women and 37 of men 65 or older. Roughly 9, 500 deaths in older US citizens each year are associated with falling. Even if you survive a fall as a senior citizen, you suffer a much greater functional decline in your ability to perform normal daily activities. Over 250, 000 older Americans experience a fractured hip each year (research as of 1996, probably a larger number now due to aging of the US population) Over half of adults over 65 years of age are...



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