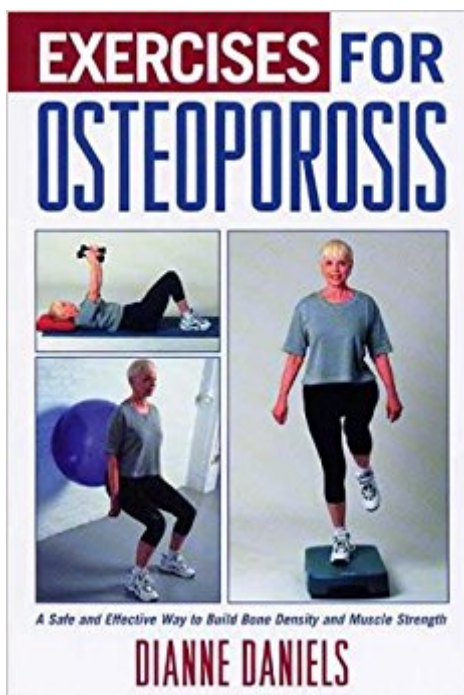


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# Exercises For Osteoporosis



## Synopsis

Over 25 million Americans suffer from osteoporosis, almost 10% of our population. The disease eventually affects 1 out of every 2 women and 1 out of every 5 men. And the incidence of osteoporosis is expected to double in the next 25 years. Most physicians are now encouraging an active lifestyle to help strengthen bones and reduce the risk of osteoporosis. Although exercise will not prevent bone loss, it will increase bone density and muscle strength, cutting down injuries and increasing flexibility. Exercises for Osteoporosis is an essential book for any and all at risk for this debilitating disease. With over 100 detailed exercises for all people, at all levels of fitness and all stages of the disease, Exercises for Osteoporosis is the best preventive medicine and the right prescription for maintaining health and well-being. Featuring: \* Exercises for the neck, hips, back, arms, and legs. \* Special exercises to increase balance to help prevent falls and fractures. \* Complete beginner, intermediate, and advanced workout programs. Most doctors agree, keeping an active lifestyle is one of the best ways to combat osteoporosis and Exercises for Osteoporosis is the best guide to keeping you active.

## Book Information

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## Customer Reviews

Dianne Daniels has a master's degree in exercise physiology from Columbia University. A former health educator with the New York City Department for the Aging, she now runs a personal training business. She is on the faculty of the American Council of Exercise and has taught academic and practical courses for fitness professionals since 1992.

I have been using these exercises for years now, and realize that I have not written a review. The exercises are very well demonstrated. I like that they can be done without any special equipment and that three levels of exercise are provided - for osteoporosis prevention, for those with osteopenia, and for osteoporosis. After awhile, the exercises become routine, and it is possible to work through them without the book. I still refer back to it from time to time to make sure that I have not forgotten any, or that I am still doing them correctly. What I like very much is the section for keeping the skeletal frame aligned. That can be done as often as desired, and feels more like stretching exercises. Varying degrees of difficulty are presented making this useful for the less ambulatory (some can be done in bed or seated), to the very active and athletic (using weights, resistance bands, more repetitions, and more difficult routines). I just purchased another copy for someone else. Also, I shared it with my trainer at the gym to show her what I should be doing. They do not always know, and this was helpful to her. Very pleased with the purchase. I keep it as a handy reference and it never goes to the bookshelf.

If you are at risk for osteoporosis then it is important to understand that taking calcium and vitamin D supplements is only the start toward assuring better bone health. The right kind of exercise is another critical consideration. This book is certainly a useful tool. It provides some basic, concise information about the importance of exercise and how to complete these activities effectively. The majority of the book is dedicated to providing the many strengthening and flexibility exercises you need. The descriptions are generally easy to understand, but even for the ones that are more complex, there are photographs to guide you through each one. Of course, the book is only part of what you will need. The exercises often require equipment, like some simple weights, "theraband", a therapy ball, and so forth.

Like many people who are diagnosed with osteopenia or osteoporosis, I received just about NO information from my doctor on how to improve bone health. It was just -- "take this pill and I'll see you at your annual physical." I was deeply upset that she had no information for me, provided almost no insight, and seemed vastly disinterested in providing any. I went out and looked for books to provide the information I needed. I found this book and couldn't be happier. In conjunction with Gillian Sanson's enlightening book "The Myth of Osteoporosis," this book should be in the hands of everyone who is interested in bone health. This is an absolutely fabulous book! Well laid out, exercises are easy to do, 2 each routines for those with osteoporosis, osteopenia, or no diagnosis

of either. A GREAT segment on spinal alignment. This is a MUST HAVE book for every person who is interested in bone health. I liked the fact that although the majority of the exercises show a female demonstrator, her partner in some segments was male, and the demonstrator for spinal alignment is male. Men get osteoporosis, too. Wonderful book!! Highly recommended.

You can take medication for osteoporosis but you need to get off the couch too. Working out and keeping your body active is what this book is about. No you do not have to be a workout fanatic. No the exercises are not too hard. This book helps you to build bone density and muscle strength with easy to follow exercise pictures. If you do have osteoporosis these exercises can help ease some pain too, plus you get moving and find yourself having more energy. Another plus about this book is it improves your balance. When you have osteoporosis you are especially concerned about falling and breaking a hip. I personally like this book because the workouts are easy and it has helped me improve my energy.

This book is practical and beneficial. It makes it a great deal easier and more comfortable to live with this condition of one's bones.

Love the exercises. I also have fibromyalgia, and the workouts help ease the pain as well. I would definitely recommend.

I learned a lot about how to keep my osteoporosis from progressing into osteoporosis. Who knew that walking did not help? This book claims that the key to preventing osteoporosis is weight training. The author provides six basic, progressive work-out programs which can be done at home. I was definitely inspired to try her approach to preventing bone loss.

I think that this book offers some easy exercises that you can do. The pictures are easy to follow and the explanations are simple.

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