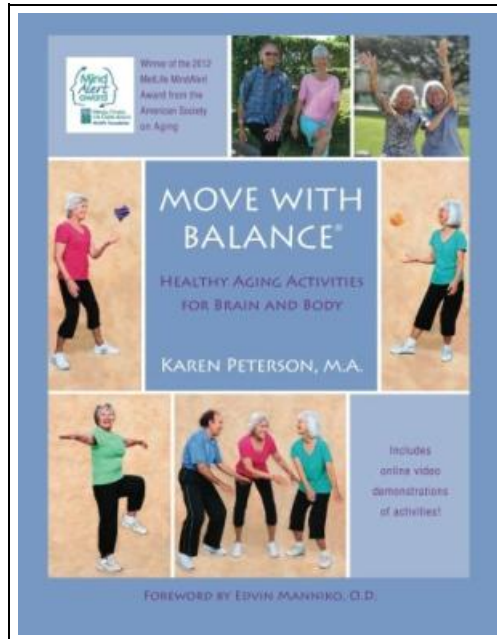


Move with Balance: Healthy Aging Activities for Brain and Body



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MOVE WITH BALANCE: HEALTHY AGING ACTIVITIES FOR BRAIN AND BODY



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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...



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