



Books

[Age-Defying Fitness: Making the Most of Your Body for the Rest of Your Life](#)

Moffat, Marilyn, and Lewis, Carole B. (2006)
Written by two physical therapists, this book provides guidelines for developing a personal fitness program that addresses "the five domains of fitness – posture, strength, balance, flexibility, and endurance."
613.71 Moffat

[Aquacises: Restoring and Maintaining Mobility with Water Exercises](#)

Giles, Miriam. (1988)
Written for older adults, this book "provides illustrated instructions for performing three categories of healthful exercises (warm-ups, strength developers, aerobics) in the water – and you don't need to know how to swim to use them."
613.71 Giles

[Beautiful Bones without Hormones: The Revolutionary New Diet and Exercise Program to Reduce the Risk of Osteoporosis and Keep Your Bones Healthy and Strong](#)

Root, Leon. (2004)
Written by an orthopedic surgeon with over 30 years of experience, this book "presents a 100% natural, HRT-free diet and exercise program for increasing bone density and reducing the risk of osteoporosis."
616.716 Root

[Gary Null's Ultimate Anti-Aging Program](#)

Null, Gary. (1999)
In this companion book to his PBS documentary *How to Live Forever*, Gary Null presents a program "to rebuild a person's health through diet, detoxification, exercise, stress management, and self-actualization."
612.68 Null

[How to Avoid Falling: A Guide for Active Aging and Independence](#)

Fredrikson, Eric. (2004)
This is a guide "to minimizing the occurrence of falls as well as their devastating effects." In addition to providing information on fall-proofing your home, the guide includes

exercises designed for improving balance.
613.6 Frederikson

[Recovery Yoga: A Practical Guide for Chronically Ill, Injured, and Postoperative People](#)

Dworkis, Sam. (1997)
This book is "a complete guide to using yoga to maintain good health for those with chronic disease, injuries, or age-related lessening of mobility." The book "introduces a graduated program that can be practiced successfully by people who are bedridden, confined to a chair, or limited in their mobility for any reason."
615.82 Dworkis

[Somatics: Reawakening the Mind's Control of Movement, Flexibility, and Health](#)

Hanna, Thomas. (1988)
Somatics (Sensory Motor Awareness) is "a gentle [exercise] program that reverses or avoids many of the effects associated with aging." This book demonstrates how one can benefit from Somatics, and maintain positive results "by a simple, five-minute routine once a day."
615.82 Dworkis



three-part series" was designed "to meet the special needs of the overweight individual. It is also effective for senior citizens ... [and persons] physically limited by arthritis or other conditions." VIDEO 613.7 Sit (volumes 1-3)

Exercise For Older Adults

at the

Civic Center Library

Videos

[Dancin' Grannies Workout Program: Beginners](#) (1989)

This video exercise program "is designed with an understanding of how the older body changes. It's a safe, fun workout that can increase your flexibility, endurance, coordination and range of motion." VIDEO 613.71 Dancin'



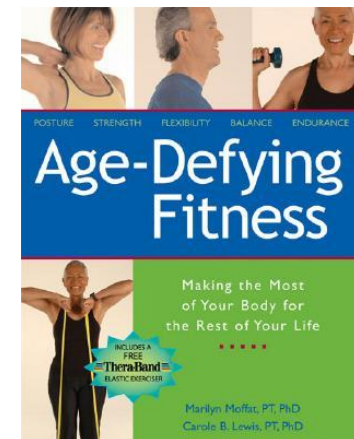
[Feeling Good with Arthritis](#) (1989)

This video, hosted by an Emmy Award-winning health care physician, provides information on how to "control arthritic pain and stiffness through exercise, nutrition, [and] medical treatment."

VIDEO 616.722 Feeling

[Sit and Be Fit: Pre-Aerobic Exercise Program](#) (1989)

This "gentle introduction to Aerobic Exercise presented in a progressive



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