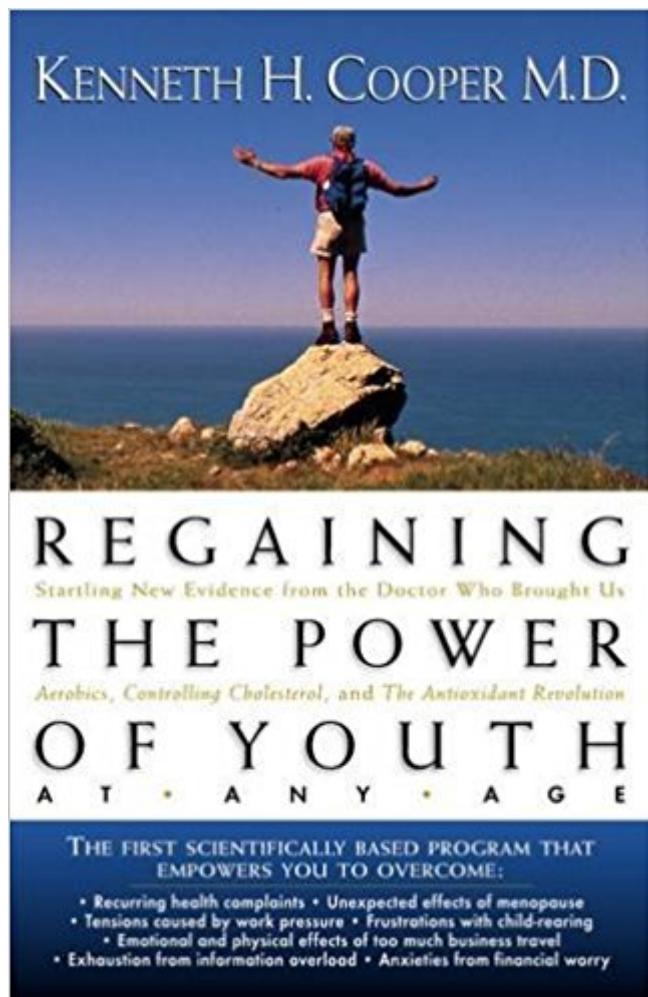


The book was found

Regaining The Power Of Youth At Any Age: Startling New Evidence From The Doctor Who Brought Us Aerobics, Controlling Cholesterol And The Antioxidant Revolution





Synopsis

Regaining the Power of Youth at Any Age features a scientifically based program that will guide you to a higher level of physical and mental fitness that you may have believed impossible to attain.

Book Information

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Customer Reviews

Kenneth Cooper, MD, was the inventor of aerobics exercise, which he initially developed to keep astronauts physically fit while in space. At age 67 he wrote a provocative book titled Regaining the Power of Youth at Any Age. Cooper challenges the notion that "true happiness is possible only if we can maintain some illusion of agelessness." Cooper writes to people between the ages of 31 and 75 with his "easy-to-use manual for recapturing their lost or declining youthful vigor," advocating a combination of impact exercise, aerobics, and stretching. His exercise program is specially designed to counteract the effects of aging--particularly to prevent loss of bone and muscle mass, and maintain cardiovascular power. "Building bone mass is an essential part of maintaining the vigor of youth," he writes. "Lean body mass provides us with the power and strength we need to continue to move, lift, and maneuver in our older years as effectively as we did when we were in our teens or twenties." Cooper clearly practices what he preaches. In Regaining the Power of Youth, he skillfully combines personal experience, research knowledge, and wit. While writing his book, he suffered a mountain bike riding accident and smashed head first into a rock. He consequently "became even more a believer in protective helmets than in the past." This incident validates the claims of his exercise and fitness program: although he was in his late sixties, he didn't break any bones and only

needed a little aspirin at night for soreness. Cooper's exercise strategy promises "boundless energy and stamina, emotional resilience and optimism, and agile reasoning, creative thinking, and comprehensive memory." These are qualities we all need at any age, but when we can reclaim them in middle age, it effectively demonstrates the power of exercise as a bona fide agent of rejuvenation. Dr. Cooper's work was a great influence on my own research. I consider him to be one of my Spunky Elders--older individuals who can serve as role models to us baby boomers of how to age successfully. All us boomers need to be reading books like this--and not just read them, but practice what we read about. Get out there and get more exercise, eat healthy, take better care of our bodies. After all, what's the point of living a long life if we are not going to be healthy? Richard Kownacki, Ph.D. From my book: *Do Not Go Gentle: Successful Aging for Baby Boomers and All Generations*

It's a bit outdated and much more research has happened since then, but is inspirational and well presented.

anything by Dr Cooper is well worth it . he is the real deal

Enjoyed the positive you can do it attitude and tips on how to achieve your goals.

I know this is an older book so I was very glad that [...] carried the book. The book is a wonderful. It is full of everyday suggestions to help a person stay as physically and mentally strong as possible.

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