

The Companion to the New York Times Bestseller

# Younger Next Year<sup>®</sup>

Use the Power of  
Exercise to Reverse  
Aging and Stay  
Strong, Fit, and  
Soy

## The Exercise Program

Chris Crowley &  
Henry S. Lodge, M.D.



Exercises by Bill Fallick, P.T.

# Younger Next Year Exercise Program

**Chris Crowley, Jeremy James**



## **Younger Next Year Exercise Program:**

Younger Next Year: The Exercise Program Chris Crowley, Henry S. Lodge, 2015-12-15 The definitive exercise book that the one million plus readers of the Younger Next Year series have been waiting for and the exercise book that takes the intimidation out of starting a workout routine Based on the science that shows how we can turn back our biological clocks by a combination of aerobics and strength fitness it's a guide that will show every reader how to live with newfound vibrancy strength endurance confidence and joy and it goes deep enough to be your exercise companion for life even if you eventually take it to Masters levels Younger Next Year The Exercise Program combines the best information from the New York Times bestselling Younger Next Year with the cutting edge knowledge and workouts from Thinner This Year Here is the revolutionary 10 minute warm up critical for maintaining ankle shoulder and hip mobility The five amazing things aerobic exercise will do for your body and finding the method that works for you How to get fit better and quicker with intervals The importance of whole body strength training and rebooting the core Plus the Twenty Five Sacred Exercises that will be the foundation for your strength training routine for life

**Younger Next Year for Women** Chris Crowley, Henry S. Lodge, 2019-12-24 Smart women don't grow older They grow younger A book of hope Younger Next Year for Women shows you how to become functionally younger for the next five to ten years and continue to live thereafter with newfound vitality Learn how the Younger Next Year plan of following Harry's Rules a program of exercise diet and maintaining emotional connections will not only help you turn back your physical biological clock but will improve memory cognition mood and more In two new chapters prominent neurologist Allan Hamilton explains how the program directly affects your brain all the way down to the cellular level while Chris Crowley in his inimitable voice gives the personal side of the story In other words how to live brilliantly for the three decades or more after menopause The results will be amazing

**The Younger Next Year Back Book** Chris Crowley, Jeremy James, 2018-08-07 A great book for back pain sufferers and their caregivers alike Todd J Albert MD Surgeon in Chief and Medical Director Hospital for Special Surgery New York If there's one lesson to learn from the national bestselling Younger Next Year series it's that we can dramatically change our quality of life by taking the right kind of care of ourselves This is just as true for back pain Formulated by Dr Jeremy James whose practice has cured an astonishing 80% of patients and 1 bestselling Younger Next Year coauthor Chris Crowley here is a step by step program of simple exercises and behavioral changes that will help readers find a neutral spine realign their core learn healthy new ways to move in the world and virtually eliminate back pain So follow Jeremy's rules like 1 Stop Doing Dumb Stuff 2 Be Still So You Can Heal 7 Stand Tall for the Long Haul and find a lifetime of relief

Thinner This Year Chris Crowley, Jennifer Sacke, 2013-12-31 Now in paperback the latest book in the New York Times bestselling one million copy plus Younger Next Year franchise The book that tells every reader how to lose weight discover new vitality and get in the best shape of your life The book with the no nonsense no BS no shortcuts approach The book that shows that there's a revolution in aging going on

The book that is the how to of that revolution Chris Crowley the memorable patient and coauthor of *Younger Next Year* partners with Jen Sacheck a nutritionist and fitness expert from Tufts University and in lively alternating chapters they spell out a weight loss plan that will have readers losing up to 25 pounds in the first six months and much more significantly keeping it off next year and the year after and so on for life The message is straightforward and based on the most up to date nutritional science resist the added fat added sugar concoctions created by the food industry skip the supplements pile on fruits and vegetables to your heart's content but it's OK to eat lean meats too and don't drink your calories And exercise With its simple fully illustrated program of 25 sacred exercises here is everything the reader needs to build muscle protect joints add mobility and put off 70% of the normal problems associated with aging and eliminate 50% of serious illness and injury Clear concise well balanced nutritious diet plan Realistic exercise and the combo of the authors nutrition scientist and witty writer makes this an easy to read volume with loads of timely science based information Madelyn Fernstrom Diet and Nutrition Editor TODAY and NBCNews.com Chock full of easy recipes meal plans and exercise diagrams The Wall Street Journal

*Younger Next Year for Women* Chris Crowley, Henry S. Lodge, 2007-10-10 Co written by one of the country's most prominent internists Dr Henry Harry Lodge and his star patient the 73 year old Chris Crowley *Younger Next Year for Women* is a book of hope a guide to aging without fear or anxiety This is a book of hope a guide to aging without fear or anxiety Using the same inspired structure of alternating voices Chris and Harry have recast material specifically for women who already live longer and take better care of themselves than men New material covers menopause and post menopause as well as cardiac disease osteoporosis sexuality and more This is the book that can show us how to turn back our biological clocks how to put off 70% of the normal problems of aging weakness sore joints bad balance and eliminate 50% of serious illness and injury The key to the program is found in Harry's Rules Exercise six days a week Don't eat crap Connect and commit to others There are seven rules all together based on the latest findings in cell physiology evolutionary biology anthropology and experimental psychology Dr Lodge explains how and why they work and Chris Crowley who is living proof of their effectiveness skiing better today for example than he did twenty years ago gives the just as essential motivation Both men and women can become functionally younger every year for the next five to ten years then continue to live with newfound vitality and pleasure deep into our 80s and beyond

*Younger Next Year* Chris Crowley, Henry S. Lodge, 2019-12-24 Congratulations you are about to get younger Dr Henry Lodge provides the science Chris Crowley provides the motivation And through their New York Times bestselling program you'll discover how to put off 70 percent of the normal problems of aging weakness sore joints bad balance and eliminate 50 percent of serious illness and injury Plus prominent neurologist Allan Hamilton now explains how following Harry's Rules for diet exercise and staying emotionally connected directly affects your brain all the way down to the cellular level The message is simple Learn to train for the next third of your life and you'll have a ball

*Goodfinding* William G. DeFoore Ph.D., 2022-11-03 What you pay attention to grows and finding the good

helps the good find you You're born with a brilliant mind but it doesn't come with a user's guide or an on/off switch Left to its own devices it can feel like your worst enemy when its survival-based default program keeps you focused on what is wrong with you and your world This book is the user's guide that puts you in charge of how your mind works With positive psychology and emotional intelligence working for you you will become the conscious creator you were born to be Goodfinding activates your brilliant mind with gratitude appreciation and optimism for your past present and future deriving value and opportunity from all of your life experiences William G DeFoore Ph D a mental health counselor for more than fifty years shares this roadmap to help you achieve your desired outcomes The premise of the book is that you have a good heart and when you use your brilliant mind effectively it will be in direct service to that inner goodness Goodfinding will become your manual guide and companion as you expand into the best version of the person you choose to be What you pay attention to grows and finding the good helps the good find you

**The Beating of My Hearts** Brian L. Fowler MD, 2013-02 Taking his heartbeats for granted Brian L Fowler MD never thought he would lose any of his own But on October 14 2009 he discovers his beats are being stolen one by one The culprit A rare inflammatory disease called cardiac sarcoidosis which results in deep penetrating scars that trigger unpredictable life-threatening arrhythmias Dr Fowler an emergency medicine specialist understands the deadly potential of each arrhythmia His fear of death reveals an additional and more insidious heart disease which is undetectable by PET scan or EKG for its affected heart rests deeply hidden where anguish and delight coexist Like his physical heart his spiritual heart is weary scarred and beats chaotically The two diseased hearts need diagnosis treatment and healing Frustrated scared and armed with a physician's knowledge a patient's suffering and a believer's doubt he begins a fascinating journey to discover the real reason for The Beating of My Hearts With transparency vulnerability and honesty Brian allows us to look in on his profound disorientation hear his questions follow his search for meaning and ultimately discover a fresh orientation to the life that was in him all along I found myself walking closely and attentively with him on his journey This was well worth the read J Michael Godfrey DMin PhD PCC Coach Mentor Speaker Consultant [www.discoveryourtruecourse.com](http://www.discoveryourtruecourse.com)

**The Magic Pill** Matt O'Brien, 2011 What if there was a pill to help you live longer feel better look younger and improve almost every aspect of your life with zero bad side effects wouldn't you want to take it The Magic Pill will prove to you that with a little time energy and effort you can have all of these benefits and much much more Unveiling the most current scientific information on aging exercise nutrition and supplementation this first guidebook of its kind provides a comprehensive self-help approach to living longer improving your health and finding the happiness that resides within us all Matt O'Brien takes you on an exciting journey filled with motivation education and inspiration Read this book You will take control of your health and your life will never be the same again Praise from Matt O'Brien's Clients I know for certain that I would not have arrived at this fantastic place in my life without Matt O'Brien as my coach motivator and friend Thank you Matt for giving me my health fitness and life back Jill Gear Matt O'Brien's expertise

and ability to teach have transformed my attitude towards exercise and nutrition I have a new passion for my health Bratrice Lardner

**Younger Next Year Journal** Chris Crowley, Henry S. Lodge, 2006-12-01 For people serious about following the tenets of Crowley's Younger Next Year comes this handy journal for keeping track of workouts heart rates diet and more Includes Crowley's inspirational tips and science facts from Dr Lodge

Issues in Aging Mark Novak, 2018-02-02 Issues in Aging combines social psychological biological and philosophical perspectives to present a multifaceted picture of aging Novak illustrates both the problems and the opportunities that accompany older age This text helps students understand the tremendous variability in aging and introduces them to careers working with older adults This new edition reflects the continued changes in the way we age The fourth edition has been updated to include emerging issues in aging These include the prevalence of HIV AIDs in later life current research on mental potential in old age the creation of age friendly cities and new options for end of life care Each chapter begins with a set of learning objectives to guide students in their reading and concludes with a list of main points questions for discussion or study suggested readings and relevant web sites to consult Each chapter also includes up to date charts and graphs as well as key terms to help students understand the issues presented Break out boxes reveal the human side of aging through the stories of individuals in real life and in the media

Chris Crowley Jeremy James, 2025-04-30 80

Chris Crowley Jeremy James 75 000 40 40 10 80 Bill Fabrocini

**Living Long & Loving It** Irvin M. Korr, Rene J. McGovern, 2008-01-31 No Marketing Blurb

**U.S. News & World Report**, 2008

**Good Housekeeping**, 2006

Good Housekeeping Magazine, 2006

AstroFit William J. Evans, Gerald Secor Couzens, 2002 To safely allow astronauts to make a three year round trip journey to Mars and not age their bodies 30 years a NASA scientist developed a revolutionary anti aging program adapted here for people on Earth 24 line drawings throughout

**American Book Publishing Record**, 2005

Primary Plans Elizabeth P. Bemis, 1910

**The Publishers Weekly**, 2005

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### **Younger Next Year Exercise Program Introduction**

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