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Cindy Brehse, Tami Brehse Dzenitis



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: The Exercise Program* Henry S. Lodge, Chris Crowley, Bill Fabrocini, 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 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 **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 Hail 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 Sacke 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 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

5-Minute Core Exercises for Seniors Cindy Brehse,Tami Brehse Dzenitis,2021-05-04 Strengthen your core and boost your confidence with 5 minute exercise routines for seniors Having a strong core can improve mobility reduce aches and pains prevent falls and build everyday confidence 5 Minute Core Exercises for Seniors makes it easy to incorporate daily exercise for seniors with a collection of 40 individual movements and 25 quick routines for strengthening the major core muscles This guide to exercise for seniors helps you Get to know your core Learn the muscle groups that make up your core the benefits of keeping them strong the importance of breathing and stretching and the latest science behind exercise for seniors Enjoy a wide variety of exercises Discover a range of seated standing on the mat and weighted exercises that mimic everyday movement and don t require any special equipment Follow step by step instructions Find how tos and illustrations for engaging the right muscles and preventing injury as well as tips to increase or decrease the intensity of each movement to meet your needs Improve strength balance and confidence with this detailed introduction to core exercise for seniors

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,2013-02-28 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 physicians knowledge a patients suffering and a believers 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

Strength Training Over 40 Alana Collins,2020-06-30 Improve your quality of life with this over 40 strength program There are many reasons to maintain and build muscle mass Metabolism levels hormonal health and even a sharper mind are all connected to the strength of your muscles tendons and joints But most importantly maintaining mobility as you age is essential to your quality of life Resistance training can help you continue to move freely throughout your life for years to come Inside Strength Training Over 40 you ll find detailed realistic goals within a training program you can stick with Focused on well balanced full body training you ll be able to increase muscle mass with or without gym access This six week comprehensive strength training program prioritizes safety with effective easy tutorials and illustrations to help guide you to a stronger better you Strength Training over 40 is Flexible You can customize or modify your workout making adjustments that work for you This program adapts to gym or home even small spaces like apartments Motivational A positive non critical voice infuses the book Weekly inspirations goals and self check in worksheets will help keep you on track and committed to your program Safe Tutorials and safety tips help you get the most out of each exercise without putting your body at risk Step by step workout instructions and less intense alternatives are available to fit your current fitness level needs Sustain overall health when you build total body strength with Strength Training over 40

Adventure! Dan Dolack,2007-07 Best friends Libby Bays and Norma Singer are victims of Emmett Bays s abuse Norma allows Libby to lure her into her father s black Chevrolet sedan and after dropping his daughter off at their Main Street home he drives Norma to an abandoned salvage yard and rapes her Best friends suddenly become enemies Norma trusting no one including her parents to support and understand what happened to her privately blames Libby She seeks to avenge her role in the rape before she seeks to bring Emmett Bays to justice To protect himself from any rape accusation he seeds a rumor in Libby that one of Clarence Singer s Mexican workers raped Norma and to get his daughter to help him spread it Emmett promises Libby that he will stop molesting her Libby believes her father s lie Norma wants revenge Only that friendship that Emmett Bays destroys can save these teenagers from him

THE PERSONAL POWER PROGRAM Darcy Holmer,2023-12-20 Do you yearn for more in your life but feel like you re settling for less Discover the transformative power of feeling good in your inner self body and finances with Darcy Holmer s The Personal Power Program A Woman s Step by Step Guide to Thriving in Self Body it s a call to action for every woman who isn t willing to settle for less and is ready to take action to start realizing her more

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

Thinner This Year Chris Crowley, Jennifer Satchek, 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 Satchek 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

ETERNALLY YOUNG DAVID SANDUA, 2023-07-04 Eternally Young is a book that explores the various factors that contribute to a long and healthy life While acknowledging the importance of genetics the book stresses that longevity is not determined solely by our genes Instead it proposes a holistic approach to health and wellness highlighting the importance of a balanced diet regular exercise emotional well being and positive social relationships The author argues that we have the power to take control of

our own health and well being Through research and personal anecdotes the book explores a wide range of topics related to longevity from the benefits of a plant based diet to the importance of social connection and community The book also addresses the topic of aging presenting it as a complex multidimensional process that can have both positive and negative aspects Rather than focusing on the negative aspects of aging the book focuses on how to maximize our chances of aging healthily to live longer happier and fuller lives Eternally Young offers a holistic and hopeful approach to longevity and wellness empowering readers to take charge of their health and contribute to a healthier world **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 Brandice Lardner The Mood Elevator Larry Senn,2017-08-22 Urging us to cultivate mental attitudes like curiosity and gratitude that will keep us on the higher floors this practical book explains how to quiet the mind and nurture positive thoughts without succumbing to Pollyannaish denial *How to Make the Rest of Your Life the Best of Your Life* Art Linkletter,Mark Victor Hansen,2007-12-02 Baby Boomer Alert Get ready for the next prime of your life Today we're living so much longer and more productively that age sixty has truly become the new age forty the prime of life when our careers are in full swing our minds are at their most creative and our passions burn their hottest Mark Victor Hansen and Art Linkletter So how do we ensure that our bodies remain fit our minds alert and creative our finances stable even growing throughout our senior years TV icon Art Linkletter incredibly active in several enterprises at the age of 94 and Chicken Soup for the Soul cocreator Mark Victor Hansen team up to show us how Much more than a pep talk about maintaining a youthful attitude in our Second Prime *How to Make the Rest of Your Life the Best of Your Life* provides tools we can use strategies self tests worksheets and resources plus dozens of inspiring stories and humorous anecdotes Woven together by the authors' own invincible spirits these empowering principles come alive as Hansen and Linkletter motivate us to find greater purpose and passion in what we do making the rest of our lives the best ever **Fitness Beyond 50** Harry H. Gaines,2012 Prologue the past present and future Introduction Let's get started Life's full of choices Getting going and keeping going Exercise and the brain Aerobics keys to a healthy heart Strength training Core exercises and other goodies

Support groups and connections Overcoming limitations Healthy eating The next level Epilogue the future belongs to the fit

Younger Next Year Exercise Program Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Younger Next Year Exercise Program**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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