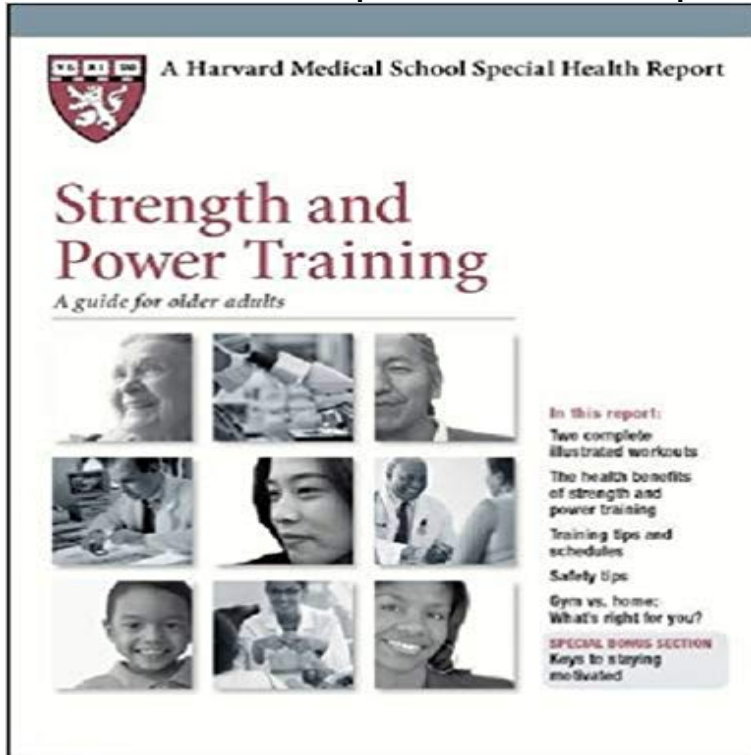


# Strength and Power Training: A Guide for Older Adults (Harvard Medical School Special Health Reports)



When it comes to exercise, strength training rarely gets the attention it deserves. The fact is strength training is equally important to aerobics. Its often overshadowed by aerobic exercise, the kind that makes your heart beat faster and your lungs work harder. The cardiovascular benefits of aerobic exercise can add years to your life strength training can make those years fuller and more rewarding. By conditioning your muscles, strength training gives you the power and agility you need to stay fit, active, and independent. It protects your ability to do everyday tasks and many of the things you love to do. Strength and Power Training, a Special Health Report from Harvard Medical School, will introduce you to workouts that you can easily fit into your schedule. With just two sessions per week, you'll fortify your muscles and bones, add tone to your body, and confidence to your life. These are exercises you can tailor to your fitness and goals. The workouts are designed to motivate you and help you build upon your success. The report provides complete workouts for strength and power as well as for stretching and balancing. You'll find 25 instructively-illustrated exercises. Plus you'll get tips for avoiding injuries, charting your progress, buying gear, keeping sessions fun, and much more! So get moving! Order this Special Health Report now! Prepared by the editors of Harvard Health Publications in consultation with Jonathan Bean, M.D., M.S., M.P.H., Assistant Professor, Department of Physical Medicine and Rehabilitation, Harvard Medical School, and Medical Director, Spaulding Cambridge Outpatient Center, and Walter Frontera, M.D., Ph.D., Dean, Professor of Physical Medicine and Rehabilitation and Professor of Physiology, University of Puerto Rico School of Medicine, and Lecturer, Harvard Medical School. 2013.

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