



OsteoPilates, Karena Thek Lineback, Career Press, 2003, 1564146871, 9781564146878, 237 pages. Approximately 20 million Americans have low bone density, which is responsible for over 1.5 million fractures, annually costing our nation \$38 million a day. When dealing with osteoporosis, are fractures inevitable? Is osteoporosis a sentence for pain, disfigurement, and life in a nursing home? Karena Lineback, a Pilates post-rehabilitation specialist, personal trainer, and Pilates studio owner, has noticed that when beginning an exercise program, not one of her osteoporotic clients has been familiar with the safe movement and exercise guidelines from the National Institute of Health (NIH) for osteoporosis. Could the fracture rate decline significantly if all patients had this information? OsteoPilates presents this vital information in a clear, concise format readily applicable to most exercise and everyday situations. The three-level Pilates program for osteoporosis has been modified using these safe movement guidelines. OsteoPilates commits an entire chapter to explaining safety guidelines and how to apply them to all activities, not just exercise. There are illustrations and descriptions, of how to safely perform numerous everyday tasks such as carrying groceries, lying down in bed, and tying one's shoes. OsteoPilates recognizes that exercise is only one part of a four-part treatment plan that will build bone density, reduce fracture risk, and improve health. The four-part plan consists of: -- Safe movement for exercise and everyday living.-- Postural awareness.-- Diet.-- Medication. Women have been warned that the increased risk of heart disease and breast cancer far outweighs the skeletal benefits of hormone replacement therapy. In droves, women are turning to more natural, safe, and effective methods for increasing bone density. To create a future without osteoporosis, OsteoPilates presents a second three-level exercise program for those who want to build their bone density (while building hard abdominals, and an overall toned, firm, more youthful appearance) before experiencing the inevitable bone loss that occurs during menopause and beyond. While OsteoPilates does offer a specific exercise program for increasing bone density, readers are given guidelines for modifying all activities. Once applying the guidelines in this book to their everyday lives, people with osteoporosis can more safely return to living a healthy, productive, and dynamic life..

DOWNLOAD <http://bit.ly/1aOd41q>

Better Bones, Better Body Beyond Estrogen and Calcium, Susan E. Brown, Apr 1, 2000, Health & Fitness, 400 pages. Reexamines the nature and causes of osteoporosis, and presents a program for maintaining and regaining bone health..

Permission to Nap Taking Time to Restore Your Spirit, Jill Murphy Long, 2002, Family & Relationships, 175 pages. A peaceful book with full-color art offering you the time to take a break..

The Osteoporosis Exercise Book, Second Edition Building Better Bones, Sherri R. Betz, Jan 1, 2008, , 104 pages. .

Preventing osteoporosis Dr. Kenneth H. Cooper's preventive medicine program, Kenneth H. Cooper, Feb 1, 1989, Medical, 278 pages. Refuting the myth that osteoporosis affects only women and the elderly, a health expert shows how this debilitating disease can be avoided through exercise, diet, and drug ....

Clinical Aspects in Osteoporosis , Manoj R. Kandol, 2005, Osteoporosis, 484 pages. .

Strong Women, Strong Bones Everything You Need to Know to Prevent, Treat, and Beat Osteoporosis, Miriam E. Nelson, 2006, Health & Fitness, 320 pages. Based on the latest scientific information and including practical advice on the best nutrition, exercise and medications, a women's guide to the prevention and treatment of ....

Clinical management of the osteoporoses , Gilbert Saul Gordan, Cynthia Vaughan, 1976, Medical, 207 pages. .

Startling New Facts About Osteoporosis , Betty Kamen, 1990, Medical, 42 pages. .

Everyday Pilates Get Real Results Anytime, Anywhere Four 15-Minute Workouts, Also on Dvd, Alycea Ungaro, Feb 1, 2008, , 128 pages. If you want to get a toned, strong body and graceful posture but don't have the time, find out how following this Pilates book and DVD set. Forget gyms, expensive kit, and ....

Essential Yoga An Illustrated Guide to Over 100 Yoga Poses and Meditation, Olivia H. Miller, Feb 1, 2004, Health & Fitness, 240 pages. Filled with more than one hundred poses and fifty sequences illustrated by line drawings, this essential hatha yoga resource--for all skill levels--brings together physical ....

The Wisdom of Menopause Creating Physical and Emotional Health During the Change, Christiane Northrup, Oct 31, 2006, Menopause, 631 pages. Menopause is not simply a collection of physical symptoms to be " fixed," Dr. Northrup claims, but a mind/body revolution that brings the greatest opportunity for growth since ....

Yoga Awakening the Inner Body, Donald Moyer, 2006, Health & Fitness, 243 pages. An up-to-date resource for students and teachers enables practitioners to tailor instruction methods to their individual needs, covering a wide range of topics, from balancing ....

Osteoporosis your head start on the prevention & treatment of brittle bones, David F. Fardon, 1987, Medical, 276 pages. .

The bone density program 6 weeks to strong bones and a healthy body, George J. Kessler, Colleen Kapklein, Jan 2, 2001, Health & Fitness, 432 pages. A diet program designed to improve bone density and strength features a bone density questionnaire, a twenty-one-day meal plan with easy-to-prepare recipes, not-too-strenuous ....

Walk Tall! An Exercise Program for the Prevention & Treatment of Osteoporosis, Sara Meeks, 1999, , 94 pages. .

