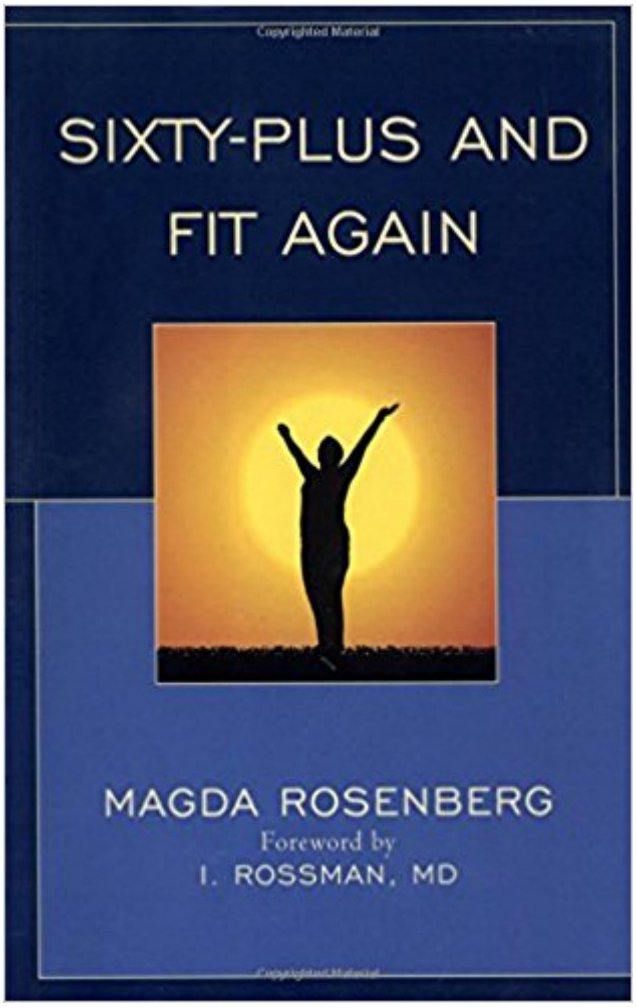
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Sixty-Plus And Fit Again



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Synopsis

2015 Reissue of the 1977 classic Sixty-Plus and Fit Again is based on an exercise program developed and conducted by Magda Rosenberg for senior citizens. The step-by-step routines have been specifically designed to enable the older person to remain agile and alert, capable of performing everyday tasks. The basic program includes exercises that improve breathing, allow you to sit and stand with less effort, walk more comfortably, and relax tension and induce sleep. A second and more challenging series of movements stimulate all the muscles of the body, fingers to toes; and an advanced routine meets the needs of those older men and women who are well-conditioned.Throughout the book are actual stories of the marvelous physical transformations Magda Rosenberg has witnessed in the older people who attend her classes. She has seen thousands of men and women develop a new interest in living; people in their seventies, eighties and, even nineties. "Exercise," she writes, "is not a total answer...but with it, you can out walk, out live and out enjoy those who don't exercise." It is a small investment for such a rich return.

Book Information

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Average Customer Review: 4.0 out of 5 stars 1 customer review

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Customer Reviews

I strongly recommend Sixty-Plus and Fit Again not only for older persons and their families, but for practitioners in the field of aging. The exercises are described in a manner which makes them easily applied, even for the physically handicapped. (Katharine R. Halkin, Former Director of Senior Citizens Program, Economic Opportunity Commision of Nassau County, Inc., New York)A useful guide to a more vigorous, energetic lifestyle for older people. Younger retirees as well as older men and women will greatly benefit from it. (Bernard Warach, Former Executive Director, Jewish

Association for Services for the Aged, New York)I can see why Magda Rosenberg has so many enthusiastic followers....I hope her message reaches many senior citizens because it will surely inspire them to keep in better physical shape. The older generation at whom this work is aimed will be able to comprehend its messages and follow her well-planned exercises. (Morton Levy)

Magda Rosenberg is now in her fourth decade conducting physical fitness classes. She continues her service as a consultant for government agencies, senior citizen groups and adult education programs. Born and educated in Europe, she lives in New York where she has raised four children and now dotes on five grandchildren.

Sixty plus & fit again, exercises for older men and women by Rosenberg_ Magda1977 edition but thought I'd check it out. We definitely are more mobile now than 20 years ago and realize the more you keep moving the longer you will live and be healthier.Especially like the face and neck exercises.I received this book from National Library Service for my BARD (Braille Audio Reading Device).

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