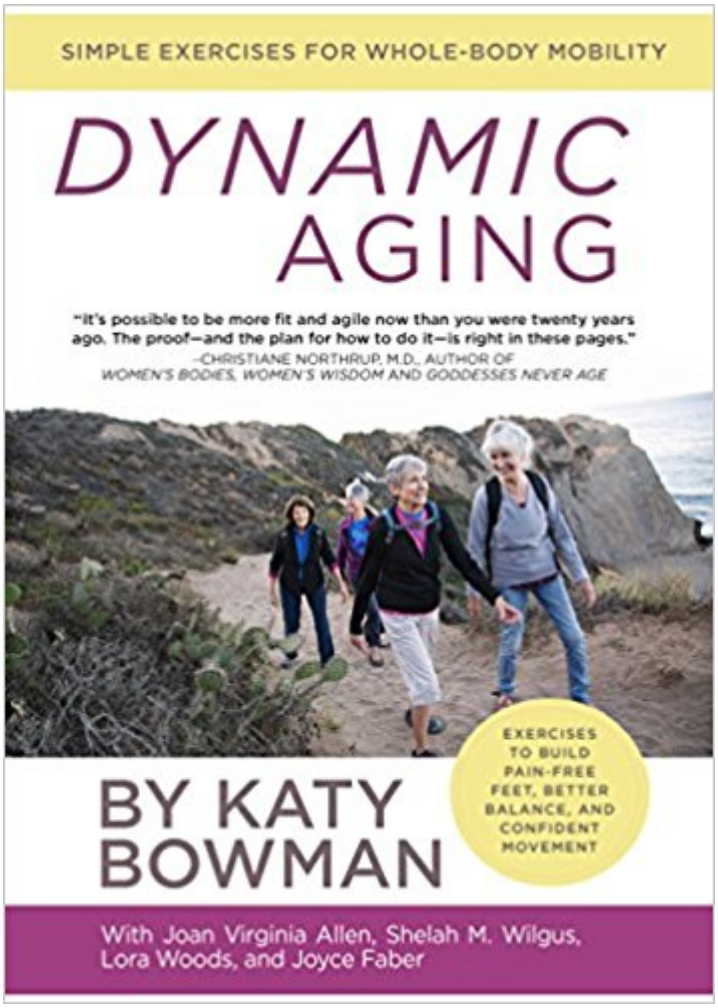
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Dynamic Aging: Simple Exercises For Whole-Body Mobility



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Synopsis

What if your pain and lack of mobility isn't due to your age, but your habits? What if changing how you move can change how you feel, no matter your age? Dynamic Aging is an exercise guide to restoring movement, especially for healthy feet, better balance, and the activities of daily life. Biomechanist and movement teacher Katy Bowman shares exercises and habit modifications for varying fitness and mobility levels. Dynamic Aging: * Is geared to a 50+ audience * Includes exercises and postural adjustments that require no special equipment and include modifications for all fitness levels * Will teach you how to move for healthy feet, improved balance, and activities of daily life * Will help all readers move and feel better Alongside Bowman's instructions are the stories, experiences, and advice of four women over seventy-five who ve used these principles and exercises for years. Along the way they found recommended surgeries unnecessary, regained strength and mobility, and ended up moving more than they did when they were a decade younger. From hiking in the mountains to climbing ladders and walking on cobblestones with ease, each of these women embodies the book's message: No matter where you're starting, if you change how you move, you can change how you feel. As seen on the Today Show!

Book Information

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Customer Reviews

Ã Â Ã Â "Especially in view of the aging baby boomer population now entering senior citizen status, Dynamic Aging: Simple Exercises for Whole-Body Mobility will prove to be an enduringly necessary, valued, and popular addition to personal, family, and community library Health & Medicine collections in general, and physical mobility supplemental studies lists in particular."--Midwest Book

Review midwestbookreview.com/sbw/apr_17.htm#health"Although Dynamic Aging is aimed at readers ages 50 and above, it can be helpful to anyone who wishes to improve their balance and mobility....There is no magic wand here -- effort is required -- but Bowman and the Goldeners demonstrate how to incorporate these exercises into your everyday life. What a gift to be able to restore movement you thought you had lost for good!" --Coast Weekend coastweekend.com/cw/books/20170727/changing-how-you-move-can-change-how-you-feel"This is a great book to share with someone is starting from square one, regardless if it is a setback from surgery or they've never moved a day in their life. The exercises are laid out beautifully and very easy to understand, which makes it the perfect book for everyone!And even though it's geared towards Goldeners, I have recommended this book to my 25-yr-old friends because it teaches you the basics in an easily digestible way."--AE Wellnessaewellness.com/aging-dynamically-dynamic-aging-book-review/

A biomechanist by training and a problem-solver at heart, Katy Bowman has the ability to blend a scientific approach with straight talk about sensible solutions and an unwavering sense of humor, earning her legions of followers. Her award-winning blog and podcast, Katy Says, reach hundreds of thousands of people every month, and thousands have taken her live classes. Her books, the bestselling Move Your DNA (2014) 9780989653947, Diastasis Recti (2016) 9780989653961, Don t Just Sit There (2015) 9781943370009, Whole Body Barefoot (2015) 9780989653985, Alignment Matters (2013) 9781943370085, and Every Woman s Guide to Foot Pain Relief (2011) 9781936661077 have been critically acclaimed and translated worldwide.

I really loved this book. I’m almost 60, have some aches & pains that I attribute to being out of shape (my sister keeps telling me it’s age related, and I keep disagreeing). So now I feel validated. I started doing simple stretches every morning and feel so much better. I look forward to strengthening the muscles in my feet so I can be active longer without limping in pain and quitting early! Thank you, Katy, for giving me good information and hope for my future!

Great book! Everyone, young and old, can benefit if one does all these moves regularly! Helps one become Body-Aware.

Get back into life again. This book is the answer to needing hope and encouragement.

Really enjoyed the book. Very simple and science founded ideas. Kick ass graphics throughout the book were awesome! Nice job, Mom!

Excellent book. We also read the Move your DNA and I actually found the slightly simpler and well layed out format of this one to be a preferable read.We bought it as a git for my Mother In law but read it ourselves first.The book has large print that is clearly space, I suppose that is intended for the Goldener audience but I found it fantastic for being able to walk around the living room and read at the same time. Normally I buy e-books but wanted the print version which was all that was available when we purchased) for my MIL.I'm almost 39, my husband is 53 and we both got something out of this book. Every day before yoga we sit and stretch our toes. It's a peculiar sort of joy to see much improved toe spread flexibility after just a couple weeks. Cheap thrills FTWI especially loved the inspirational stories by the co-authors. So many people getting knee surgeries now a days it's soooooo nice to hear of some one who has avoided it!Anyways great read, solidifies a movement plan for anyone of any age to begin adding more movements and flexibility to life.And if you think there's someone in your life this could possibly help..just get it...it's about the price of a bottle of pain killers and much better for your loved one ;)p.s. writing this standing at my standing height desk while my husband sits on the floor at our super low table.Practice what you read!

I purchased the kindle copy several days ago and now have sent paperback copy to 3 friends. THIS IS A WONDERFUL BOOK!

What makes this self-help book much better than most is that the advice given by a younger, fit person is validated by the experiences of the women in their 70's and 80's who started out with physical issues and made dramatic improvements by doing the exercises. Living comfortably in an upstairs apartment? Getting groceries on foot? Hiking overland?--Judging by their lifestyle, I'd say they weren't American! But they are. They contribute useful anecdotes and there are lots of pictures of them doing the exercises, so you can see how real bodies look. For anyone approaching (or beyond) age 50, I'd recommend reading this book first, of all Katy Bowman's books.

No matter what your age or gender. This is a helpful book for anyone wanting to feel better!

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