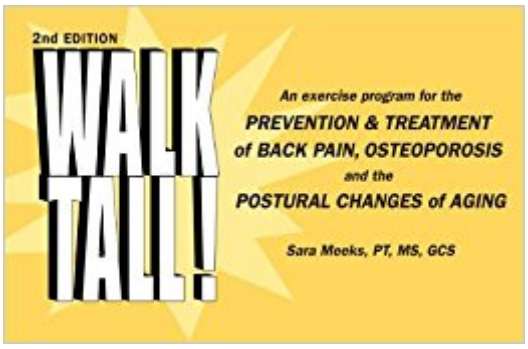
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Walk Tall! An Exercise Program For The Prevention & Treatment Of Back Pain, Osteoporosis And The Postural Changes Of Aging, 2nd Edition



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Synopsis

An exercise program for the prevention & treatment of back pain, osteoporosis and the postural changes of aging.

Book Information

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Customer Reviews

Sara Meeks a physical therapist for nearly 50 years, specializes in helping people with low bone mass. She travels nationally and internationally to train health and exercise professionals in the new Meeks Method, the original movement and exercise program based on body alignment and postural correction that she developed for the management of osteoporosis and with problems of aging.

Please do not be fooled by the simplicity of this book. It is a most concise compilation of the newest facts regarding Osetoporosis and I can only wish that doctors would be humble enough to learn.The directions and drawings are so very clear that anyone can improve their life with this knowledge, but like most things of this ilk, you must do them on a regular basis. I now look upon the simplicity as a joy and an incentive to do a little each day. Life has already improved. Thank you Sara Meeks.I will close with a brief reminder that people of ALL AGES and genders can improve their lives with this information. It’s not for the elderly alone. It’s not for someone you know, it’s for YOU.

I have been doing some of these exercises for more than a year and they have really helped with joint pain. I originally saw a physical therapist for knee pain but she recommended more exercises

for my posture. It not only stopped the knee pain but helped with other joint pain and even seems to help with digestion. I just bought the book so I could add more to my daily routine.

This spiral-bound book contains a comprehensive selection of exercises appropriate for people of all fitness levels. The handy-spiral binding allows the book to remain opened and the pages to lie flat so I can read the instructions while I perform the exercise.My only suggestion is to add several indexes, each presenting a compilation of exercises targeted for a different purpose AND WITH PAGE NUMBERS next to each exercise in the index where the exercise can be found. For example, there could be separate indexes for: individuals with severe back pain, individuals who want strenuous exercises, individuals who need "seated" exercises only. These indexes would help the reader quickly locate a sub-group of exercises they are looking for.

Dissapointed with this method of learning an exercise program. I was continuously stopping to look at the book in order to advance to the next exercise. It was taking too long for me to move from one position to the next. I bought Susie Hathaway’s strength training DVD after this and I love that.

I bought this book on the advice of a PT therapist. She had lent me an older edition which I found very easy to use with very easy-to-follow instructions. The new edition is the just as useful. The book is spiral bound, so it is easy to keep it open to the right page. The illustrations are clear and big enough to see if even they are slightly away from you. I am slowly working my way through the book. Some of the exercises are too difficult right now unfortunately. This book is definitely a "keeper".

This is an easy to follow, thorough book for anyone who has osteoporosis, neck/back pain, poor posture, or just cares about keeping their body in good form and health. My physical therapist recommended it as I strive to strengthen my spine, sleep better, walk taller and feel better. I do have osteoporosis and was diagnosed at age 49, but my husband who suffers from migraines is using it to improve spinal alignment/posture, etc. to lessen the event of migraine headache. The pictures are very easy to mimic in this great little book so it is easy to follow. You do not need any special equipment-------just yourself and this book!

What a great recommendation from my physical therapist. This book is jam packed with practical, clear and useful information on how to exercise, stand, sit, sleep and live in a manner that

strengthens bones - a real help to dealing with the shock of being diagnosed with osteoporosis. The author tells in simple explanations what works, what is damaging and what is realistic to do in everyday activities/actions to have a bone building approach to living.

My physical therapist recommends and uses these exercises with me. I am surprised and thrilled at the progress I have made doing only a few exercises at a time 2-3 times per week due to injury. Highly recommend.

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