



Fitness After 40: Your Strong Body at 40, 50, 60, and Beyond (UK Professional General Reference)

By Vonda Wright M.D.

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As we age, our bodies change--but that doesn't have to impact our fitness level. We may not be teenagers anymore, but if we exercise smarter, we can remain youthful, energetic, and strong.

Dr. Vonda Wright is the creator of a unique exercise program tailored to the needs of mature athletes. In *Fitness After 40*, you will learn how to: Understand your body, and approach exercise in a new way - Maximize your fitness while minimizing injury - Gain flexibility - Benefit from aerobic exercise - Build strength through resistance training - Improve balance - And much more. Now in its second edition, the book includes targeted "20 Minutes to Burn" workouts, a 6-week total-body plan, and new information on nutrition, injury prevention, joint preservation, the mind/body connection, and more. Whatever your age or activity level, *Fitness After 40* will get you motivated, get you moving...and feeling better than ever.

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- Sales Rank: #673705 in Books
- Brand: Amacom
- Published on: 2015-08-05
- Original language: English
- Number of items: 1
- Dimensions: 9.50" h x 1.00" w x 7.50" l, .0 pounds
- Binding: Paperback
- 384 pages

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“Dr. Wright outlines a plan for maintaining flexibility, balance, strength, and cardiovascular health in a clear, nonpatronizing style that will appeal to readers of all ages.” — *Library Journal*

Your body may change as you get older, but you can stay youthful, energetic, and strong, simply by exercising smarter. No matter your age or activity level—it’s time to get motivated and moving again. But first, you need expert guidance to do it right.

In *Fitness After 40*, Dr. Vonda Wright, the creator of a unique medical program designed to target the fitness and performance needs of mature athletes, reveals how you can use flexibility, aerobic exercise, and strength training to maximize the benefits of your fitness regime. Now in a completely updated Second Edition, this inspiring and practical guide shows you how to:

- Gain flexibility
- Improve balance
- Build strength through resistance training
- Increase your fitness while minimizing injury
- Benefit from aerobic exercise
- Avoid injury to your rotator cuffs, lower back, knees, and legs
- Make the most of your exercise routine during a busy week
- Hydrate and eat right
- And more

Building on the empowering information supplied by the book’s original publication, the Second Edition includes a decade-by-decade guide to maximizing your health, including tips on how building a better body can also help you build a stronger brain...a new Six-Week Jump Start to Mobility Plan, which walks you, day by day, through a manageable, increasingly demanding workout schedule...26 brand-new resistance exercises to help you work your entire body, detailed with step-by-step instructions and clear illustrations...and new, specially targeted “20 Minutes to Burn” workouts that you can easily fit into your busy life.

Packed with new information on injury prevention, joint preservation, nutrition, the mind/body connection, and more, *Fitness After 40* helps you understand your body, and approach exercise in a whole new way...and feel better than you ever have.

VONDA WRIGHT, M.D., is an orthopedic surgeon and director of PRIMA, a pioneering program for athletes over 40. A prominent authority on sports medicine and active aging, she has appeared on Dr. Oz, The Doctors, and CNN, and has been quoted in The New York Times, USA Today, Prevention, Fitness, and other major media.

RUTH WINTER, M.S., is an award-winning science writer and author.

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