



Move with Balance: Healthy Aging Activities for Brain and Body

By Karen Anne Peterson Ma

Giving Back, United States, 2013. Paperback. Book Condition: New. 277 x 213 mm. Language: English . Brand New Book ***** Print on Demand *****.Our intention is to improve the lives of elders, helping them stay mentally alert and sharp, and reducing their risk of falls and accidents. You can participate as a group leader, a caregiver, or on your own. Perhaps you are aging, you work with elders, or you are concerned about your aging parents. Here s how to bring confidence and joy into the aging years. This brightly illustrated book, which links to 60 on-line demonstration videos, is loaded with dozens of movements (not exercises) that anyone can do, even the frailest elder. The payoff: increased coordination, sharper cognitive skills, better vision, and enhanced self-confidence. Preventing falls means preventing disaster! Staying mentally alert and sharp is paramount. Please go to our website to learn about our award-winning program. Move With Balance(r) is the winner of the 2012 MetLife MindAlert Award from the American Society on Aging in the category for programs designed to enhance mental fitness for the general population of older adults. One independent study shows a 38 reduction in falls for the treatment group. This is...



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