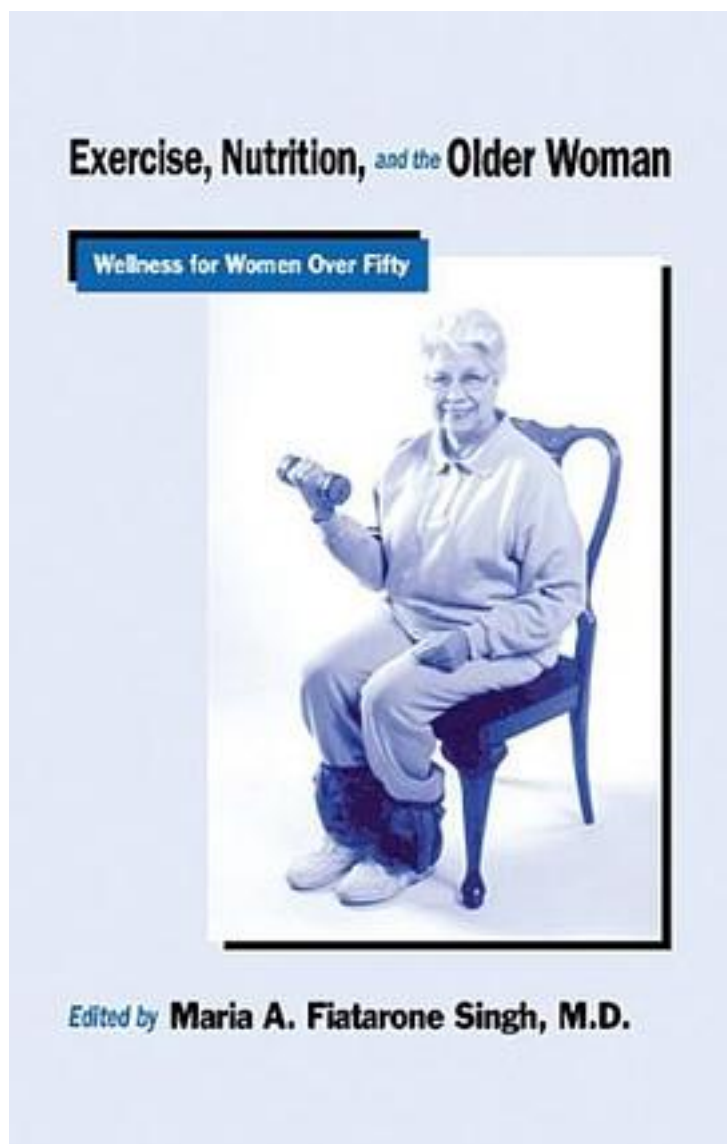


Exercise, Nutrition and the Older Woman



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"Exercise, Nutrition and the Older Woman: Wellness for Women Over Fifty" is a comprehensive guide to the major wellness issues for women over fifty. The author is a physician who explores diet, exercise and lifestyle choices from a medical perspective. The book assists in the design and implementation of programs to optimize good health and quality of life. Dr. Fiatarone-Singh discusses the unique nutritional issues of the older woman. Her book explains the fundamentals of proper nutrition, emphasizing special calcium, antioxidant, and vitamin D needs. She suggests practical implementations of nutritional guidelines, menu planning and record keeping. The author probes the facts and fictions surrounding exercise. She describes the limitations and potential of a 50-plus woman's work-out regimen and proposes reasonable and necessary fitness goals. The book also covers age-related disorders, how to best utilize the living environment, menopause, and more.

作者介绍:

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