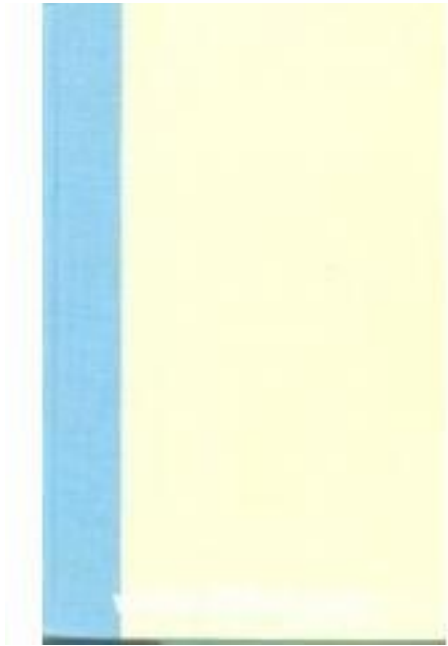


Biomarkers: 10 Determinants of Aging You Can Control



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From Library Journal Many aches and pains that accompany growing older are not a natural result of the aging process but are caused by the sedentary lifestyle of many older people. Stiff joints, sore backs, and fatigue can be reversed by regular aerobic, stretching, and muscle-building exercises. These two books offer sensible programs to increase fitness and vitality in almost everyone aged 50 to 80. Pretend Your Nose Is a Crayon , written by a physical therapist, offers a gentle, humorous, "user friendly" approach to fitness. It presents basic principles of physiology to introduce the ten-minute-a-day, three-times-a-week routine that utilizes strength-building weights. Exercises are illustrated with photos of "models"

ranging in age from the early 50s to 94. Other chapters detail special exercises for those with arthritis, chronic back problems, or other injuries, along with tips for starting a walking program and incorporating exercises into household and garden chores. "Biomarkers," developed by two Tufts University researchers, are ten indicators of physical function that influence well-being. These indicators, including muscle mass, strength, blood pressure, and aerobic capacity can be controlled by almost anyone of any age through regular aerobic and isotonic exercise. This book discusses each biomarker in detail, with references to recent scientific literature, and provides two self-tests to determine fitness levels. Programs, presented as charts illustrated with drawings, are geared for a variety of fitness levels. Tips on diet and motivation accompany the charts. Exercises aren't that much different from those in Greenberg's book, but may appear a bit daunting for the over-50 group who may never before have participated in a regular exercise or fitness program.- Karen McNally Bensing, Benjamin Rose Inst. Lib., ClevelandCopyright 1991 Reed Business Information, Inc.

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