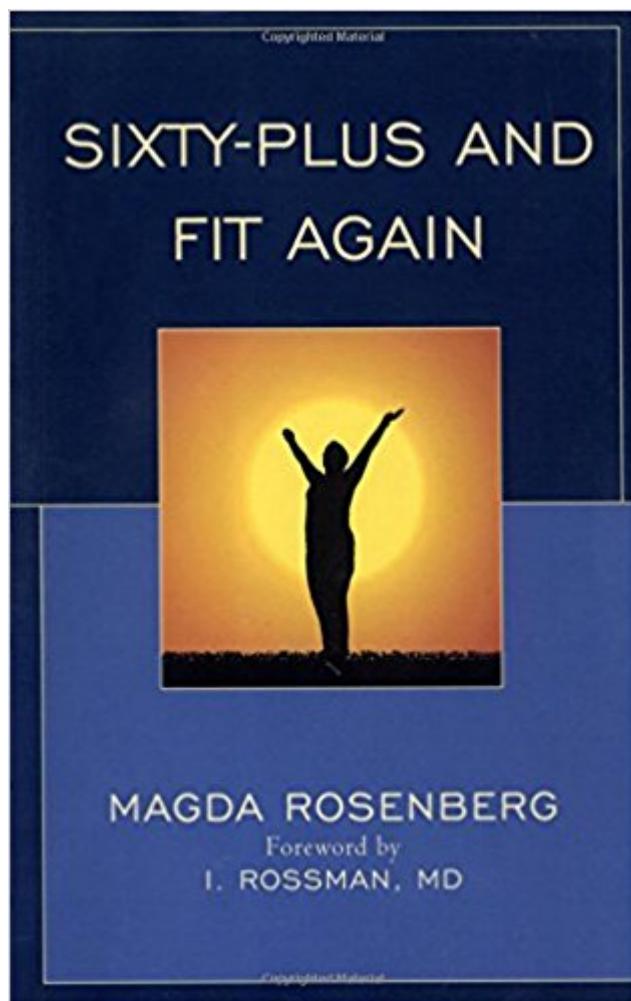


The book was found

# Sixty-Plus And Fit Again



## Synopsis

\*2015 Reissue of the 1977 classic\* *Sixty-Plus and Fit Again* is based on an exercise program developed and conducted by Magda Rosenberg for senior citizens. The step-by-step routines have been specifically designed to enable the older person to remain agile and alert, capable of performing everyday tasks. The basic program includes exercises that improve breathing, allow you to sit and stand with less effort, walk more comfortably, and relax tension and induce sleep. A second and more challenging series of movements stimulate all the muscles of the body, fingers to toes; and an advanced routine meets the needs of those older men and women who are well-conditioned. Throughout the book are actual stories of the marvelous physical transformations Magda Rosenberg has witnessed in the older people who attend her classes. She has seen thousands of men and women develop a new interest in living; people in their seventies, eighties and, even nineties. "Exercise," she writes, "is not a total answer...but with it, you can out walk, out live and out enjoy those who don't exercise." It is a small investment for such a rich return.

## Book Information

Paperback: 156 pages

Publisher: M. Evans & Company (August 30, 2015)

Language: English

ISBN-10: 1590775147

ISBN-13: 978-1590775141

Package Dimensions: 8.6 x 5.9 x 0.4 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #730,978 in Books (See Top 100 in Books) #56 in Books > Health, Fitness & Dieting > Aging > Exercise #132 in Books > Health, Fitness & Dieting > Aging > Longevity #8950 in Books > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

I strongly recommend *Sixty-Plus and Fit Again* not only for older persons and their families, but for practitioners in the field of aging. The exercises are described in a manner which makes them easily applied, even for the physically handicapped. (Katharine R. Halkin, Former Director of Senior Citizens Program, Economic Opportunity Commission of Nassau County, Inc., New York) A useful guide to a more vigorous, energetic lifestyle for older people. Younger retirees as well as older men and women will greatly benefit from it. (Bernard Warach, Former Executive Director, Jewish

Association for Services for the Aged, New York)I can see why Magda Rosenberg has so many enthusiastic followers....I hope her message reaches many senior citizens because it will surely inspire them to keep in better physical shape. The older generation at whom this work is aimed will be able to comprehend its messages and follow her well-planned exercises. (Morton Levy)

Magda Rosenberg is now in her fourth decade conducting physical fitness classes. She continues her service as a consultant for government agencies, senior citizen groups and adult education programs. Born and educated in Europe, she lives in New York where she has raised four children and now dotes on five grandchildren.

Sixty plus & fit again, exercises for older men and women by Rosenberg\_ Magda1977 edition but thought I'd check it out. We definitely are more mobile now than 20 years ago and realize the more you keep moving the longer you will live and be healthier.Especially like the face and neck exercises.I received this book from National Library Service for my BARD (Braille Audio Reading Device).

[Download to continue reading...](#)

Sixty-Plus and Fit Again Bloom-Again Orchids: 50 Easy-Care Orchids that Flower Again and Again and Again Sixty Things to Do When You Turn Sixty: 60 Experts on the Subject of Turning 60 Sixty-Minute Seder: Preserving the Essence of the Passover Haggadah (Sixty-Minute Collection) Sixty: A Diary of My Sixty-First Year: The Beginning of the End, or the End of the Beginning? Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Using the TI-83 Plus/TI-84 Plus: Full Coverage of the TI-84 Plus Silver Edition Super Fit Mama: Stay Fit During Pregnancy and Get Your Body Back after Baby Fearlessly Fit at Home: Your Personal Guide to Getting Fit Summer Fit, Seventh - Eighth Grade (Summer Fit Activities) 7 Secrets a Fit Mama Used to Lose the Baby Weight: Things you need to know that "they" don't tell you (Fit Mamas Rock Book Series 1) Get Fit, Stay Fit Get Fit Now For High School Basketball: The Complete Guide for Ultimate Performance (Get Fit Now for High School Sports) Fill-in Flip Books for Grammar, Vocabulary, and More: 25 Interactive Study Aids That Kids Fill Out and Use Again and Again to Reinforce Essential Language Arts Content Learn About Our World: With magnets to use again and again! Dead Again: Dark Dreams: (The Dead Again Series, Book 1) C++: C++ and Hacking for dummies. A smart way to learn C plus plus and beginners guide to computer hacking (C Programming, HTML, Javascript, Programming, Coding, CSS, Java, PHP) (Volume 10) C++: C++

and Hacking for dummies. A smart way to learn C plus plus and beginners guide to computer hacking (C Programming, HTML, Javascript, Programming, Coding, CSS, Java, PHP Book 10) Holy Bible: 2 New American Standard Version, Audio Bibles. Complete Old and New Testament on 60 Audio CDs- Plus Complete Bible on 2 MP3 Discs- Plus ... Book" DVD all in padded case Hava Nagila Plus 12 Celebrated Jewish Songs (Plus 12 Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)