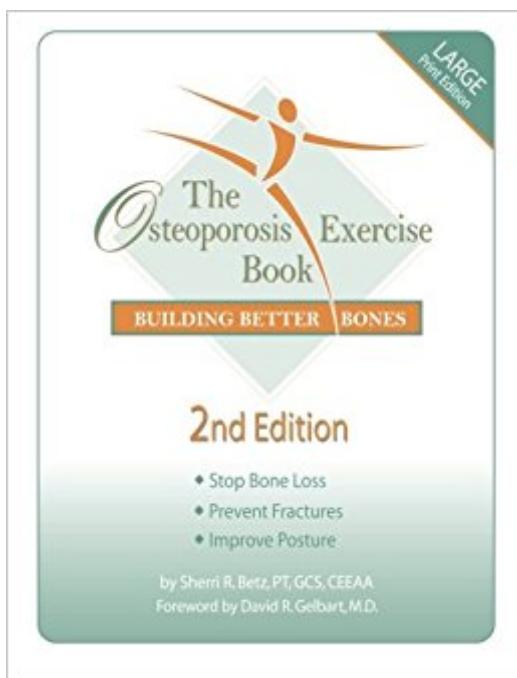


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# The Osteoporosis Exercise Book : Building Better Bones



## **Synopsis**

The best guide to safe exercise for the prevention and treatment of Osteoporosis. It includes over 100 exercise photos, nutritional and fracture prevention recommendations, an extensive list of references and the latest research developments on osteoporosis. This is the only book of its kind dedicated to exercises for osteoporosis. The Osteoporosis Exercise Book is in large print for the visually impaired.

## **Book Information**

Paperback: 96 pages

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Language: English

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Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 3.3 out of 5 stars 5 customer reviews

Best Sellers Rank: #584,357 in Books (See Top 100 in Books) #48 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #914 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

## **Customer Reviews**

Sherri Betz, PT, GCS, CEEAA, PMA-CPT, has been a Physical Therapist since 1991, international presenter, Polestar Principal Educator/Examiner, Gyrotonic/GyrokinesisTM Instructor, nominated for APTA Geriatric Clinical Specialist Award 2004, author of The Osteoporosis Exercise Book, creator of modified Pilates videos for special populations & is pioneering research in Pilates for Osteoporosis and Geriatrics. Sherri owns TheraPilates Physical Therapy and Gyrotonic Clinic, in Santa Cruz, CA, serves on the Professional Education Committee for FORE (Foundation for Osteoporosis Research & Education) and is the Secretary for the Pilates Method Alliance Board of Directors.

Good for beginners or those who've just been diagnosed with osteoporosis or osteopenia

I was trained in Pilates during physical therapy for my pelvis. When I found out that I had severe osteoporosis, due to an illness of malabsorption/malnutrition, I discovered that many of the Pilates

exercises could put me at risk for fracture. This book shows exercises and daily movements that are safe for an osteoporotic spine, so I now live in hope of not fracturing.

Was looking for more challenging exercises than what was in the book. Book was very basic.

If you have not been active in your life and are looking for safe exercises, this would likely be a good book for you. However, if you have exercised (and still are) most of your life, this book is way too basic. I would not have purchased it had I known that. Still, it could be very useful for some people, just not for me.

This is a great beginning book if you are learning about Osteoporosis. The information was clear and concise and easy to apply.

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Osteoporosis: How To Reverse Osteoporosis, Build Bone Density And Regain Your Life (Osteoporosis, Bone Density, Strong Bones, Healthy Bones, Osteoporosis Cure) The Osteoporosis Exercise Book : Building Better Bones Exercise for Better Bones: The Complete Guide to Safe and Effective Exercises for Osteoporosis Resolving Osteoporosis: The Cure & Guide Book: A Referenced Guide to Your Body, Life, Mind, Bones, Prevention and Diet While Dealing With Osteoporosis Better Bones, Better Body: A Comprehensive Self-Help Program for Preventing, Halting and Overcoming Osteoporosis Bone Health: Treatment for beginners - Basics about Bone Health, Bone density, Osteoporosis and Osteopenia (Osteoporosis and Bone Health - Healthy Bones Tips - Bone Health 101) The Osteoporosis Diet: The Complete Guide To Osteoporosis Nutrition, Supplements, & Exercise To Reverse Bone Loss Without Drugs Your Bones: How You Can Prevent Osteoporosis and Have Strong Bones for Lifeâ "Naturally Your Bones: How You Can Prevent Osteoporosis & Have Strong Bones for Life Naturally Bones, Bones, Dinosaur Bones Yoga for Better Bones: Safe Yoga for People with Osteoporosis Love Your Bones: The essential guiding to ending osteoporosis and building a healthy skeleton Beat Osteoporosis with Exercise: A Low-Impact Program for Building Strength, Increasing Bone Density and Improving Posture All About Osteoporosis, A Book That Tells All You Need To Know About Osteoporosis Vitamin K: Understanding The Healing Powers Of A Little Known Vitamin (Vitamin K, Vitamin K2, vitamin k2 and the calcium paradox, vitamin K and the calcium paradox, osteoporosis, osteoporosis cure) 7 Secrets to Prevent or REVERSE Osteoporosis and Osteopenia: How I Reversed Osteoporosis Naturally Without Drugs And How You Can Too!. The Isometric Exercise Bible: A Workout Routine

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