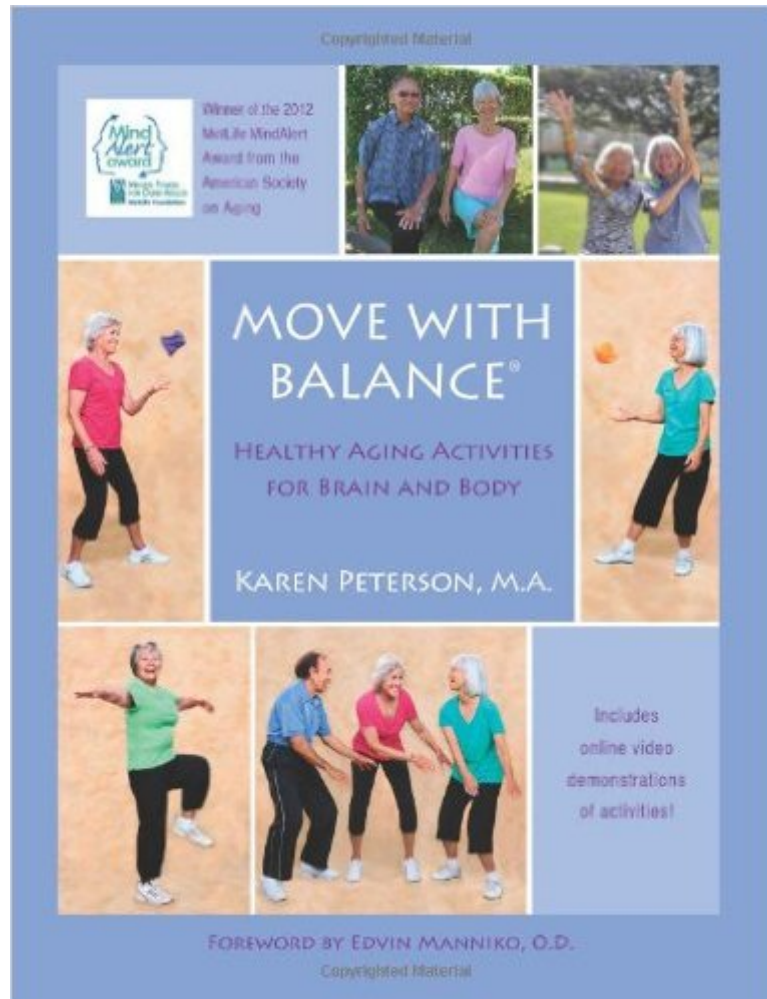


The book was found

Move With Balance: Healthy Aging Activities For Brain And Body



Synopsis

AWARDS • **Move With Balance®: Healthy Aging Activities for Brain and Body** has received the 2013 Living Now Book Award bronze medal in the Mature Living/Aging category. • Our book is a Finalist for the 2013 Book of the Year Award in the Health category, an award honoring Independent Publishers. Awards given June 2014. • **Move With Balance®** 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. • Our intention is to improve the lives of elders, helping them stay mentally alert, and reducing their risk of falls. You can participate as a group leader, a caregiver, or on your own. 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 MoveWithBalance.org to learn about our award-winning program. • One independent study, published in the Hawaii Journal of Medicine and Public Health (Nov 2013) shows a 66% efficacy for preventing falls. Our unique activities combine coordinated movement with cognitive skills. For example, we move, but while we move we read, or recognize shapes, or recite a poem. The underlying principle: challenge the brain and body simultaneously with some sensory-motor activity, repeat until the challenge becomes easier or even automatic, then up the stakes by repeating the activity at a higher level. • Once you buy the book, you have access to 60+ online videos. Along with full color photos of the exercises, the book explains the movements in depth, the why and the how. The videos give you a quick visual, and in combination with the book, should make it easy for you to learn the movements. • The program is user friendly, light-hearted and playful. **Move With Balance®**, based on the most current research in brain plasticity, vision training, and kinesiology, uses movement to help prevent falls and enhance cognitive functions. Our activities improve balance, sensory integration, spatial awareness, integration of the two hemispheres of the brain, brain timing and sequencing, reaction time, binocular teaming, and proprioception. Additionally, our mentoring system, of having active, mobile seniors "mentor" their more frail peers, reduces the isolation of elders by increasing socialization. • **Move with Balance®** founder and director Karen Peterson has devoted the past 28 years to research into the brain-body connection, 20 of those years working with senior citizens, and the many ways that movement can correct neurological imbalance. • "This program is based on cutting-edge science. It uses modified techniques that Olympic athletes employ with good success. I

wholeheartedly endorse this work to make seniors safer and to help them lead more active and productive lives." - from the Introduction by Dr. Ed Manniko, OD

Book Information

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Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (11 customer reviews)

Best Sellers Rank: #529,612 in Books (See Top 100 in Books) #41 in Â Books > Health, Fitness & Dieting > Aging > Exercise #7394 in Â Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

As a veteran Brain Gym instruction who works with all ages, I am always looking for new ideas. This is a beautiful book with lots of ideas that my senior group loves! It is actually good for all ages, so I use it with my young clients as well and they like it too. I am grateful to Karen Peterson for her work. I hope she has another one in the works!

I love this book! It has all the details I need to use with the senior population in our community and in my work for a Homecare company. The pictures and explanations are great. And I love the idea of using seniors to help teach other seniors. And if you're in need of a fall prevention program for your facility- what a great place to start.

The exercises in this book will improve your balance because they are a perfect balance of science and common sense.

The front cover of this book gives the impression that there will be many illustrations to show you how to do the exercises. However I found the pictures and directions lacking. I previewed the book, but pictures and activities were not provided in the preview. Many of the exercises were duplicated in different parts of the book. Although exercise in general helps brain function, most of the exercises listed to improve specific brain functioning are not supported by current scientific

research. I'm very disappointed in this book and wish that I could return it for a refund.

I was fortunate to have gotten to buy the book from the author in person at a conference. I say I'm fortunate in part because I found the author to be of pure intention and radiant with the same quality I find in "Move With Balance". I look forward to hearing of all the great success stories that are sure to result from this great tool!

An incredible 38% reduction in falls has been proven with this inexpensive program based on decades of brain study. Highly recommended for individuals and groups.

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focus, Concentration, Brain power) Balance is Power: Improve Your Body's Balance to Perform Better, Live Longer, and Look Younger Move Like An Animal: Feel Comfortable, Be Flexible, Move Well for Life in 3 Simple Steps. Nutrition: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Change Your Brain, Change Your Body: Your Ultimate Brain/Body Makeover (6 CD Set) The Adrenal Reset Diet: Strategically Cycle Carbs and Proteins to Lose Weight, Balance Hormones, and Move from Stressed to Thriving

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