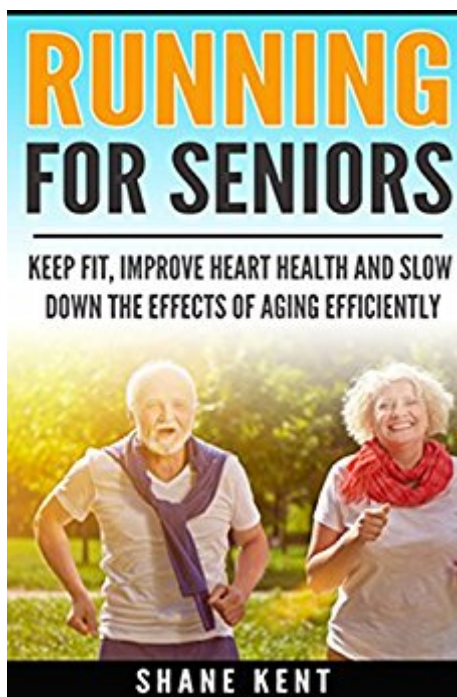




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# **RUNNING FOR SENIORS:: Keep Fit, Improve Heart Health And Slow Down The Effects Of Aging Efficiently (Body Fitness Book 1)**



## Synopsis

George Sheehan, the famous sports writer, must have realized something when he said, "The true runner is a very fortunate person. He has found something in him that is just perfect." • He is popular for running since he was age 45 and ran daily until he died aged 75. He is remembered for saying that when he began running (at age 45), he became 32 years-old again and stayed that way for the rest of his life. Fauja Singh is yet another runner, now aged 105 years and still jogs at least 4 hours a day. These two, plus many others, attest to running as one of the best and surest exercises to living better and longer. The leading health and medicine body in the world, the CDC, recommends at least 75 minutes of exercise every week for the elderly. Forget the overhyped anti-aging medications and halfway-cooked foods. In fact, even if these were effective and you lacked exercise, it would amount to a lot of nothing! Exercise is paramount to slow aging. However, you do not just wake up and start running. Physicians advise that elderly persons need guidance as they embark on exercise. This will be covered in detail in this eBook. When all is said and done, here's what you should expect to learn in this carefully-researched read:

**The Myth of the Risks of Running** Who said running stops at old age? Is running really safe for you? If you run slowly, does it still count as running? Running, the Cure All In this chapter, you will know the relationship between running and slowed aging. A dominant point here is that deterioration of body mass is minimized and the presence of more mitochondria works for you. Also learn how running keeps away illnesses!

**Heart Healthy Running** Cardiovascular disorders are among the leading killers in old age. Luckily, if you start running early, it can save you a lot of suffering and untimely death. Learn more about it in this chapter.

**Running Vs. Walking** Know why you should not settle for walking as your prime activity. Doctors recommend vigorous activity and walking might not count as one. Read to know the differences.

**Running for your Mental WellBeing** You don't run just to keep fat and age away! There's a real surprise for you here. Running is good for your mental health too. Tips for the Elderly Runner Now that you've been convinced that there is nothing strange about the elderly running, get some great tips on how to safely and sufficiently delve into this new practice. According to modern research, the early man was stronger and lived longer because his lifestyle included lots of vigorous activity. Now, thanks to this book, you can make your final years the best in your life. One thing is for sure: you will not have any regrets for buying this book. Download it today!

## Book Information

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## Customer Reviews

Basic information that helps to motivate. Not a "how to" book, though. What is helpful is the information on all the benefits of running for all ages, seniors too!

Not enough informationLots of typosNo training plansNot worth itI feel cheatedDon't buy this puny book

This book is inspiring. It gives reasons why we should run. And gives benefits for running on ailments, such as. Arthritis. Benefits on looks, Mental health, and physical health. Plus sleeping. Warding off Alzheimer disease longer. And gives tips for elderly to start running. A very beneficial book.Joycejones@eastex

This short booklet discusses running as appropriate exercise for the aging. The advice is solid and easy to follow with a good summary. Older people should consider running for health and happiness. Use wisdom.

It was fine but turned out not to be what I was looking for. Not the author's fault. It was well written

and informative for a beginner.

Good information, easily read.

Good and informative. Provided extreme value.

I really need to exercise and I think that running is a great way to get the most for less time. I really appreciate the information in the book. It says to walk first then include sprints of running. Since I am a senior I will follow the instructions in the book.

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