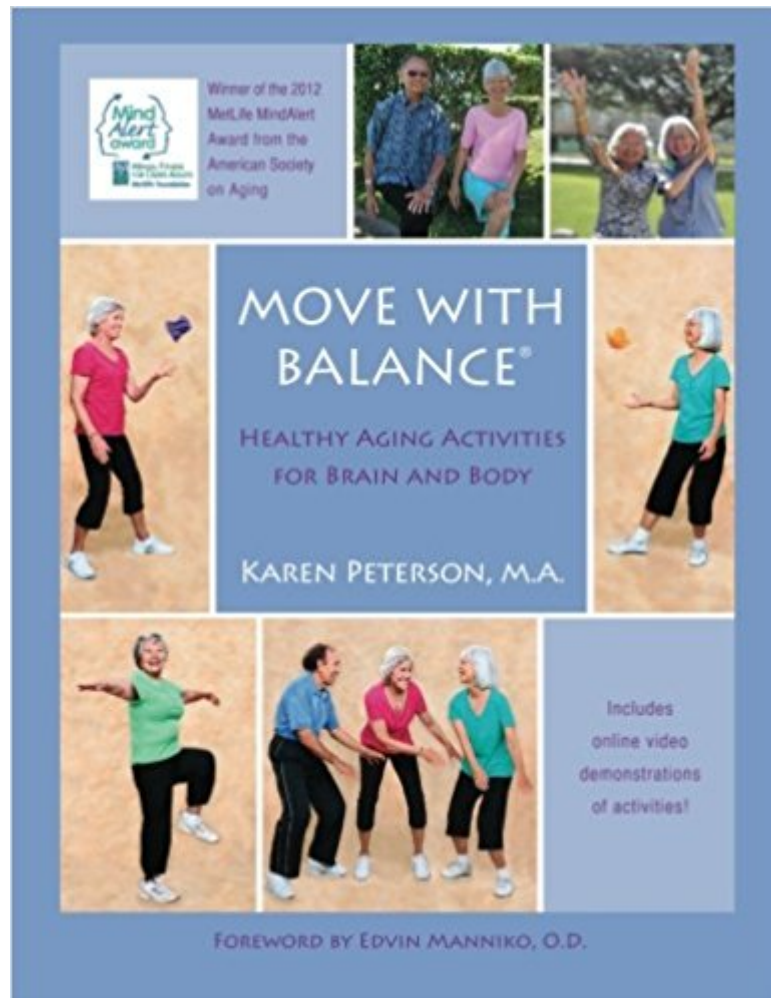




The book was found

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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Customer Reviews

"A nicely packaged, highly original instructional guide for seniors that blends exercises for body and mind." Peterson includes an explanation of each exercise's purpose and step-by-step instructions for completing it. She also provides quality full-color photos of happy seniors doing the exercises and having fun. The book is well organized and well written, and Peterson supplements the text with a website, MovewithBalance.org, which features videos of each exercise. An engaging, useful guidebook for seniors who want to maintain their sense of balance-and balance their senses."-Kirkus Reviews "This book gives tips not only to individuals but also to group leaders and professional caregivers. Move with Balance is a handy guide for seniors and those who care for them. Peterson offers what appears to be sound guidance to elderly people that encourages them to make deliberate moves to help improve their balance, cognition, and lives in general"--ForeWord Clarion Review (Five Stars out of Five)

As children, we roll down hills, climb trees, hop and skip, all of which help us develop balance and coordination while firing up new neural pathways in our growing brains. What happens when we grow "too old" for such games? We become less sure on our feet and more vulnerable to falls - which can be devastating for seniors and younger people with bone-density issues. And with little stimulating our cognitive function, our brains lose agility. As a certified educational

kinesiologist, vision improvement instructor, massage therapist, Touch for Health instructor, I worked with children, athletes, teachers and others for years, teaching them exercises designed to boost development in particular areas, such as focus and coordination. Twenty years ago, I started working with seniors, adapting the exercises but keeping the playful element. The activities, tested and clarified through innumerable sessions with thousands of senior citizens, evolved into the Move With Balance® program, for which I recently published an illustrated guide book, "Move With Balance®: Healthy Aging Activities for Brain and Body." The book and 60 online videos allow other organizations serving seniors to adopt the program. Great for group leaders, caregivers, and truthfully....anyone. Move with Balance® teams a fit and active elder with a frail elderly partner. The fit elder physically assists the frail elder, as needed, and provides a safety net of sorts. Knowing there's someone who is close by and can help if they should lose their balance, frailer participants have the confidence they need to try new moves.

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 expected much more info for the charged price. At least double its page volume. The book comprises almost all the free info already offered in their former site which I read several times.

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.

Excellent material!!!

The class I am taking uses this book, so if I miss a class I follow the book.

As a veteran Brain Gym instructor 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!

Excellent

great!!!

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Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Move With Balance: Healthy Aging Activities for Brain and Body Happy Brain: 35 Tips to a Happy Brain: How to Boost Your Oxytocin, Dopamine, Endorphins, and Serotonin (Brain Power, Brain Function, Boost Endorphins, Brain Science, Brain Exercise, Train Your Brain) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Logical Chess: Move By Move: Every Move Explained New Algebraic Edition Ebersole & Hess' Toward Healthy Aging: Human Needs and Nursing Response, 8e (TOWARD HEALTHY AGING (EBERSOLE)) Ebersole & Hess' Toward Healthy Aging - E-Book: Human Needs and Nursing Response (TOWARD HEALTHY AGING (EBERSOLE)) Toward Healthy Aging: Human Needs and Nursing Response, 7e (Toward Healthy Aging (Ebersole)) Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted The Body Image Workbook for Teens: Activities to Help Girls Develop a Healthy Body Image in an Image-Obsessed World Resistant Starch: The Resistant Starch Bible: Resistant Starch - Gut Health, Fiber, Gut Balance (Gut Balance, Glycemic, Natural Antibiotics, Dietary Fiber, SIBO, Soluble Fiber, Healthy Gut Book 1) The Better Brain Book: The Best Tool for Improving Memory and Sharpness and Preventing Aging of the Brain Saving Your Brain: The Revolutionary Plan to Boost Brain Power, Improve Memory, and Protect Yourself Against Aging and Alzheimer's Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps

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