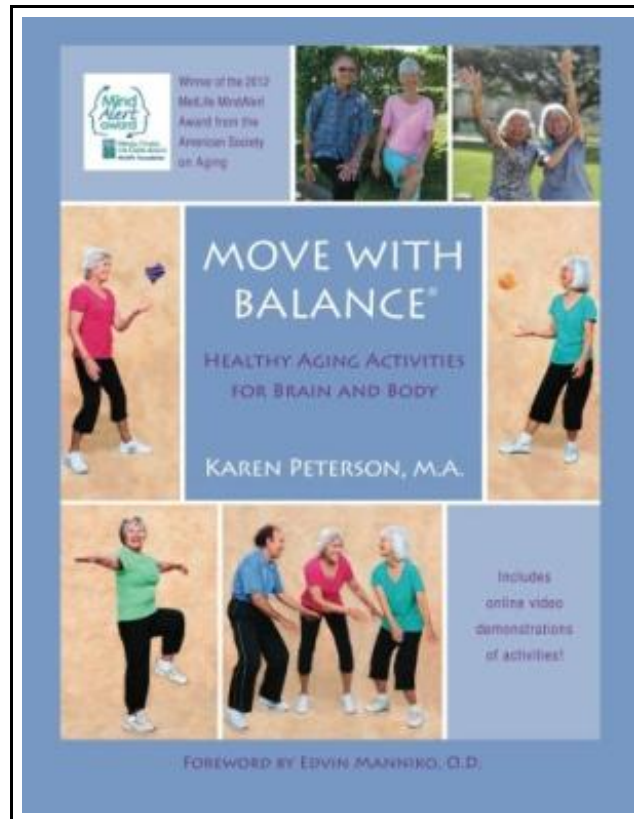


## Move with Balance: Healthy Aging Activities for Brain and Body



Filesize: 1.2 MB

### ***Reviews***

*This sort of publication is everything and made me seeking forward and much more. Better then never, though i am quite late in start reading this one. I am easily could possibly get a delight of reading through a created pdf.*

***(Quinton Balistreri)***

## MOVE WITH BALANCE: HEALTHY AGING ACTIVITIES FOR BRAIN AND BODY



Giving Back, United States, 2013. Paperback. Book Condition: New. 277 x 213 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Our intention is to improve the lives of elders, helping them stay mentally alert and sharp, and reducing their risk of falls and accidents. You can participate as a group leader, a caregiver, or on your own. Perhaps you are aging, you work with elders, or you are concerned about your aging parents. 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 to learn about our award-winning program. Move With Balance(r) 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. One independent study shows a 38 reduction in falls for the treatment group. This is not a workout program in the usual sense with muscle-strengthening and limbering exercises as the primary goal. The 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 the videos. Along with full color photos of the exercises, the book explains the movements...



[Read Move with Balance: Healthy Aging Activities for Brain and Body Online](#)



[Download PDF Move with Balance: Healthy Aging Activities for Brain and Body](#)

## Other eBooks

---



### **The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program**

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators...

[Download ePub »](#)

---



### **Violin Concerto, Op.82: Study Score**

Petrucci Library Press, United States, 2014. Paperback. Book Condition: New. Urtext ed.. 274 x 213 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Premiered by the renowned violinist Leopold Auer in St...

[Download ePub »](#)

---



### **No Cupcakes for Jason: No Cupcakes for Jason**

AUTHORHOUSE, United States, 2005. Paperback. Book Condition: New. 223 x 213 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.No Cupcakes for Jason is the delightful children s story of five-year old...

[Download ePub »](#)

---



### **Write Better Stories and Essays: Topics and Techniques to Improve Writing Skills for Students in Grades 6 - 8: Common Core State Standards Aligned**

Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 277 x 211 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Mr. George Smith, a children s book author, has been...

[Download ePub »](#)

---



### **I Am Reading: Nurturing Young Children s Meaning Making and Joyful Engagement with Any Book**

Heinemann Educational Books, United States, 2015. Paperback. Book Condition: New. 234 x 185 mm. Language: English . Brand New Book. It s vital that we support young children s reading in ways that nurture healthy...

[Download ePub »](#)

**Readers Clubhouse Set B What Do You Say**

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. Ann Losa (illustrator). 142 x 13 mm. Language: English . Brand New Book. This is volume six, Reading Level 2, in a comprehensive program

[Read ePub »](#)

**Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: ( Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Getting Your FREE Bonus Download this book, read it to the end and

[Read ePub »](#)

**Adult Coloring Book Birds: Advanced Realistic Bird Coloring Book for Adults**

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Take your coloring to the next level with this Advanced

[Read ePub »](#)

**Overcome Your Fear of Homeschooling with Insider Information**

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Homeschooling: YOU CAN DO IT! If you are considering homeschooling, Overcome Your

[Read ePub »](#)

**The Voyagers Series - Europe: A New Multi-Media Adventure Book 1**

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching

[Read ePub »](#)