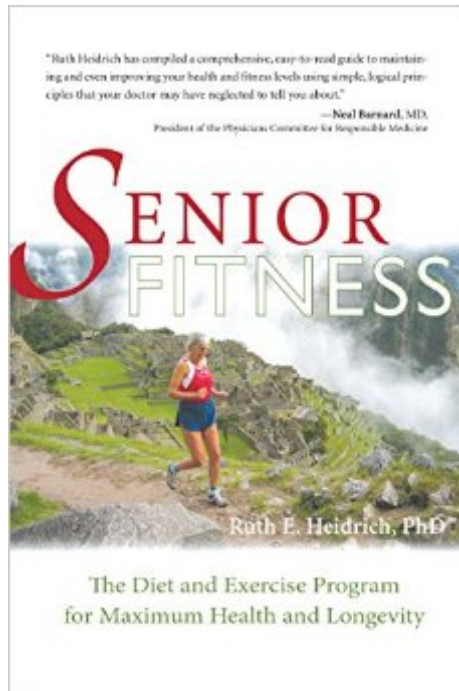


The book was found

# Senior Fitness: The Diet And Exercise Program For Maximum Health And Longevity



## Synopsis

The senior years don't have to be filled with aches and pains. At age seventy, Ruth Heidrich has the bone mass density of a woman in her early thirties and a resting heart rate of forty-four. Since being diagnosed with breast cancer at the age of forty-seven, she has won more than nine hundred athletic trophies and medals and has been cancer-free for more than twenty years. In *Senior Fitness*, the "other" Dr. Ruth shows how to maintain and even increase physical and sexual fitness at any age—and dramatically reduce the risk of prostate cancer, varicose veins, osteoporosis, diabetes, cardiovascular disease, arthritis, Alzheimer's, and a host of other ailments and diseases. Full of detailed medical information, this inspiring handbook is the ideal resource for all those seeking to make life after fifty full of fun and dynamism.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (39 customer reviews)

Best Sellers Rank: #253,395 in Books (See Top 100 in Books) #21 in [Books > Health, Fitness & Dieting > Aging > Exercise](#) #3807 in [Books > Health, Fitness & Dieting > Exercise & Fitness](#) #22803 in [Books > Self-Help](#)

## Customer Reviews

I was searching for a book for a friend and ran across other books on running for seniors. Those reviews weren't very good, then I remembered this book that I read a couple of years ago. I realized that it was still timely, informative and the best info I've read on how to run safely until you're 100. I've followed the information in this book and it has allowed me to resume my running passion, place in races for my age group and just be content with finishing. For those who say it may be a little difficult to follow the eating suggestions, it is much more difficult to watch friends and family succumb to the diseases of affluence...routinely having their chest cracked open for heart disease, going blind from diabetes, and enduring chemo. Ruth's program really works, you feel so much better, and interestingly, is similar to how the Olympic Kenyans eat. Well-researched, she quotes

the works of Dr. John McDougall and Dr. Neal Barnard. Their work and books ought to be worthy of Nobel Prizes, for all the hundreds of thousands of people those doctors have helped over the years! Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs Turn Off the Fat Genes: The Revolutionary Guide to Taking Charge of the Genes That Control Your Weight

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