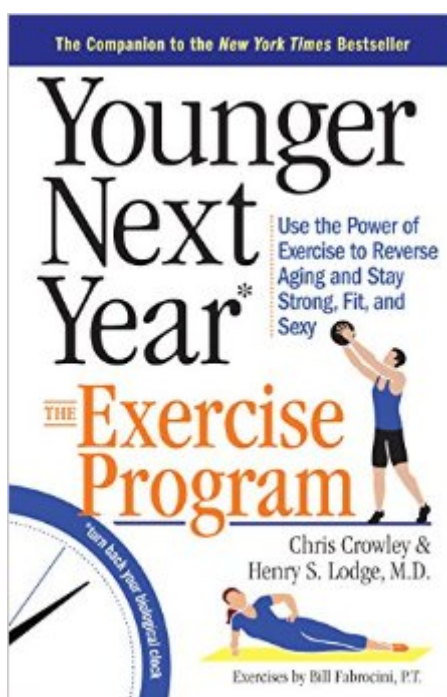


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# Younger Next Year: The Exercise Program: Use The Power Of Exercise To Reverse Aging And Stay Strong, Fit, And Sexy



## Synopsis

The definitive exercise book that the one-million-plus readers of the Younger Next Year® series have been waiting for—and the exercise book that takes the intimidation out of starting a workout routine. Based on the science that shows how we can turn back our biological clocks by a combination of aerobics and strength fitness, it's a guide that will show every reader how to live with newfound vibrancy, strength, endurance, confidence, and joy—and it goes deep enough to be your exercise companion for life, even if you eventually take it to Masters levels. Younger Next Year: The Exercise Program combines the best information from the New York Times bestselling Younger Next Year with the cutting-edge knowledge and workouts from Thinner This Year. Here is the revolutionary 10-minute warm-up (critical for maintaining ankle, shoulder, and hip mobility). The five amazing things aerobic exercise will do for your body, and finding the method that works for you. How to get fit better and quicker with intervals. The importance of a whole-body strength training and rebooting the core. Plus, the Twenty-Five Sacred Exercises that will be the foundation for your strength-training routine for life. A

## Book Information

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## Customer Reviews

My dad gave me this book a few months ago. He gave it to all of his kids. I took and I kinda laughed, thinking, 'Oh man, why on earth would give me this book...live like you are 50 when you are 80? Yeah, that's gonna be helpful for me now. My dad is in terrific shape and he enjoyed reading the book and I decided to check it out. Yes, the book is geared toward the older population but I was able to take A LOT from it and start using it now. Chris Crowley tackles the book from an older man

that is using the tools to look and feel younger and to be healthier. Dr. Lodge discusses why if we do certain things, it will dramatically improve our health and in essence, slow down the aging process and make our latter years healthier and more enjoyable. There were several areas of discussion that I found very useful: Exercise Now--I am able to continually make excuses about not exercising but they make a great point. Look at exercise as a job that you have to do 6 days a week. Not 3 days a week and not even 5 days a week. You have to do this at least 6 days every week. Its not always easy but it is great advice. Stop the aging process--Your body wants to stay as young as it can and it has been recently with fast food, television, cars, etc. that people don't do things and don't go out and get exercise or walk around or just staying active. The human body has had to work hard for thousands and thousands of years...it is only the past 100 years where our body is not having to work and our bodies hate that. They want to be moving...they want to get worked out but we often inhibit that need by being lazy. Older people--I have seen the differences. My dad is 73 and he is a complete machine.

At the time this book was published (2004), Chris Crowley (one of the co-authors) was a 70 year old retired lawyer. He retired at 56 and became a fitness fanatic and decided to write a book about it with his primary doctor (Henry S. Lodge, M.D.). As a team, Dr. Lodge was to provide the science and Crowley the enthusiasm. Instead, Dr. Lodge provided the pseudo science and Crowley the dogma. Dr. Lodge poses as a polymath scientist. But, he is not. He advances theories without supporting them. Much of the science he conveys is wrong. Quoting on page 43: "Worms and snails run their bodies and nervous systems with the same chemicals and hormones you're using right now as you read these words." This is way off. Worms are hermaphrodites and don't have gender related hormones (estrogen, testosterone). Worms and snails don't have the equivalent of a human brain and lack all related neurotransmitters. Also on page 43, he states: "Salmon have the same basic, physical brain you do." No, they don't. He goes on a clumsy page stating he was just referring to the "reptilian brain" that runs all our auto-pilot systems. Well, that's a very small portion of the human brain. On page 245 he states: "we survived because of our limbic brain, dinosaurs did not..." This is an absurd statement. For the record, dinosaurs lived zillions of years before humans. Dinosaurs were wiped out because a meteorite hit the Earth causing a cataclysmic climate change. Humans would not have survived this catastrophe. On page 112: "we function better... on less sleep when we are fit [exercise a lot everyday]." I doubt that. After intense sport activities you actually need much rest including sleep.

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