

What Has Dr. Shook Has Been Reading?

Fitness Over Fifty (Special Illustrated Edition)

An Exercise Guide From The National Institute on Aging.

A Healthy Living Book

The National Institute on Aging (NIA) is a part of the National Institutes of Health. The NIA conducts research aimed at improving the health of older people.

Doesn't that sound impressive?

Fitness Over Fifty definitely has some good information to share with the reader. Right off the bat they tell the reader that the lack of exercise and poor diet are the second-largest underlying cause of death in the United States. (Smoking being #1 cause.)”.

There is a strong emphasis placed on the ability to maintain an independent life and having the strength, flexibility, balance and vitality necessary for the activities required for your everyday life and leisure activities. Heart rate, diet, serving sizes, maintaining motivation and the basic “how to” of 25 different exercises fill the pages of this book.

I was excited when I found this *Fitness Over Fifty* and snapped it right up. The fitness of our elders (as well as our children, teens, young and middle-aged adults) is a subject that concerns me both personally and professionally. I'm always on the lookout for a new and wonderful guide to exercise and fitness, something I can share with my patients, family and friends, something that can resonate with them, jive with their lifestyle and motivate them to get physically active, directly involved and responsible for their own fitness and health. I thought *Fitness Over Fifty* was going to do that and it did ... kind of ... well not really.

I was disappointed by the exercise section. The exercises themselves were great, simple low force moves to strengthen the body and improve balance and flexibility. However, the directions skipped important details. For example: When the reader is instructed to bend forward they are instructed to “bend forward from the hips and not the waist”. That's great but they left out instructions about using abdominal and buttock muscles to protect the back, or keeping the knees over the ankles to protect the knees. An injury to a weak back or knees can be devastating to personal strength, flexibility, balance, vitality and independence. The absence of such detail disappointed me.

In my opinion, your money would be better spent elsewhere.

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