



## Strong Women Stay Young

*Miriam E. Nelson, Sarah Wernick*

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## **Strong Women Stay Young** Miriam E. Nelson , Sarah Wernick

Miriam E. Nelson's research created news worldwide when the results were published in the Journal of the American Medical Association. After a year of strength training twice a week, women's bodies were 15 to 20 years more youthful. Without drugs, they regained bone, helping to prevent osteoporosis. They became stronger - in most cases even stronger than when they were young. Their balance and flexibility improved. They were leaner and trimmer, without changing what they ate. What's more, the women were so energized, they became 27 percent more active. No other program -- whether diet, medication, or aerobic exercise -- has ever achieved comparable results. "Strong Women Stay Young" shows women how to get the same remarkable benefits at home or in the office, working out just twice a week. Individualized instructions get couch potatoes started -- and help exercise buffs break through plateaus. Significant improvements are seen after just four weeks. This major new book features eight simple, safe exercises done standing or seated -- no sweat, no special clothes; fully illustrated step-by-step instructions that any woman can customize to her needs; important new information on muscle, bone, balance, and fitness -- explaining why this program works; progress logs for the critical first 12 weeks and a complete strength-training program to do at the gym. This scientifically tested program is proven safe and effective for beginning, intermediate, and advanced exercisers. All it takes is two short sessions a week to improve how you feel, what you can do, and how you look -- for the rest of your life!

## **Strong Women Stay Young Details**

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## **From Reader Review Strong Women Stay Young for online ebook**

### **A.soorianarayanan says**

Good book for starting strength training for women and men beyond age 40. Selected exercises using free weights to do at home twice a week to strengthen your bones and gain more power . Explained how to do the exercises avoiding any injury.

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### **Kaye says**

Have started this program a couple of times. Now have the more recent edition.

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### **Ruth says**

Not a great work of literature, but it had the info I was looking for on a simple strength training workout designed for women of a certain age. Not that I'm any certain age.... It's aim is to prevent loss of muscle mass and bone density and to protect joints.

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### **Liaken says**

This is a well-written book that I think all women should read to understand the importance of muscle and how it affects bone retention or loss. Even further, it shows how easy it can be to maintain your muscle as you age or are going through depleting illnesses (like adrenal fatigue--that's why I picked up the book). The research is excellent, the writing is clear, inviting, and enjoyable, the exercises make perfect sense. Now I just need to get started!

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### **Karin says**

This is a reread, and I'm extremely happy I pulled it off of my shelf for a reading game. Why? Because when I injured myself a few years ago, I stopped doing this until I recovered, but then had never gone back. This is still pertinent and relevant (men, there is even a chapter for you). The summary really tells you more about what it entails, but in short; strength training, done correctly, not only helps prevent and even reverse osteoporosis, but it improves a number of other things in health, especially in adults over 40.

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### **Robin says**

As someone who is fascinated with physical fitness and staying fit into my old age, this book was right up

my alley. It convinced me that strength training is important and I will start a strength training program. I skipped much of the book, since I already know so much about fitness. I gave the book a four, since I already knew so much of the material. It would be a five if you were a newby to fitness.

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### **Amy Greenblatt says**

I'm a big fan of this series and have learned something from each of them that I'm able to use in my fitness routine. It's very motivating to find out what you like to do is good for you, and becoming strong is one of the best ways I've found to deal with stress, release muscle tension and protect my body.

I do want to share a caution I have for two of the exercises - the knee extension and the upward row (sometimes called "upright row"). If you have any knee or shoulder issues these particular moves can exacerbate them, and you're better off using substitutes. I've had to do that for both of these.

Other than that, I highly recommend this book to all women wanting to learn how to strength train and why it's good for them, and how lifting weights can help maintain their health long into old age.

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### **Rose Condon says**

inspiring

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### **Kaye says**

As exercise books/programs go, this one is super. In this revised edition, the exercises have been updated, there are different ones and fewer resulting in a shortened exercise session. All very sensible. The science is there, but you're not drowned in it. Starting again and hoping to stay with it this time.

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### **Robin says**

When rating an exercise/health building book, I ask myself several questions. Is the plan based upon scientific study? Does that study apply to someone of my physical traits and do I want to achieve similar health goals? Did the group that became fitter in the study maintain that fitness years later? Is the program safe for me and are safety issues addressed? Is the plan clearly defined? Is the time and money commitment going to work for me? Is there an easy method to track one's progress? Is each exercise described and illustrated adequately to enable the reader to perform the exercise safely and effectively? Is any needed equipment carefully defined, with sources provided? Did the author motivate me to actually start the program? Am I seeing the expected results or better? In the case of this book, the answer to all of my questions was yes.

Essentially the plan consists of two forty-minute home-based weight lifting sessions per week. The amount of weight is started at a safe level, calculated by age and fitness level, and is increased as one gets stronger, to 80% of the maximum amount that one can lift. The exercises consist of three simple standing/seated leg

lifts, three simple standing /seated arm lifts, and two balancing exercises done without weights. There are five extra exercises that can be added for core strengthening once strength, balance, and endurance increase. The exercises are targeted at women from age 30 to 70-plus, and can be adapted for men (though detailed quantitative instructions for this are not within the scope of the book). Necessary equipment is a pair of adjustable-weight 20-lb. leg weights and a few appropriate-size free (handheld) weights.

The author, a Tufts University professor of health, did a one-year study implementing this program with women aged 50s through 80s. This was a follow-up to shorter studies done with the same high-intensity program by her Tufts colleagues on young men and on elderly (80s and 90s) men and women in nursing homes. All three studies resulted in the participants increasing strength and muscle mass. Dr. Nelson's study also showed that participants improved balance, flexibility, and energy, controlled their weight while losing inches, and stopped or reversed bone loss. The latter is Nelson's area of specialization, and she also comments about the aging female body's calcium requirement and how to fulfill it.

In addition to carefully explaining and illustrating how to perform the exercises safely and effectively, Nelson provides profiles of the different ways that women might approach this exercise program. She solves problems that women might encounter, such as motivation, how to find time to exercise, how to choose and purchase weights, and how to safely store the weights. She supplies charts to determine the amount of weight to start with and the final weight target for optimal strength without overdoing it. She also provides forms for tracking progress. Her clear, concise explanations make the exercise program easy to follow.

This book will be of interest to women who are concerned about osteoporosis-type bone loss and/or diminishing strength, energy, and balance due to aging. It's particularly well suited to women who want to work out at home, although there is also a chapter about using health club machines to perform adaptations of these exercises. Men who want to maintain or improve strength and endurance as they age will also find this book beneficial.

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### **Mikell says**

I'll be in the gym tomorrow! This book gives a broad overview of the strength training for women. It begins with the benefits, including improved muscle tone, strengthening bones and teeth, benefits for the heart, balance, reducing arthritis, depression, high blood pressure and fibromyalgia. There were sections on choosing equipment, a gym and a trainer. Eight specific exercises and a chart for a recommended progression of goals gave clear guidelines. The five stages of change clarified the steps involved in committing to a weight lifting program and gave specific steps that can be applied to all areas of change. I was mildly curious about weight training when I opened the book. Now that I read it, I am convinced that the benefits are well worth the effort, and the thought of beginning the program is doable and exciting!

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### **Sandra says**

[I specifically recommended this book to a lot of female friends on Goodreads, just because I think it's a great idea for all of us!] 2018 Update: I started doing these exercises on my sabbatical, and they are really easy to do, and even easy to fit into the day (the whole routine, including breaks between sets, is about 20 minutes, if that). That said, I can definitely tell that I have not been utilizing many of the muscle groups. So even though I started at low weights (3 lbs on each leg and 3 pound dumbbells, but I'm doing some on the

Aero Pilates machine, so I have body weight added, I think) I can feel a difference. The idea is to gradually - - but not too gradually, every few weeks maybe -- increase the weight so that doing two sets of 8 for each exercise leaves your muscles feeling really used, perhaps at 80% capacity, if I remember correctly.

2017: I wish all the women I know -- heck, all women in general -- would read this. All women, that is, who don't currently do any kind of strength training.

Nelson makes it ridiculously easy: Do these 8 exercises, gradually increasing the weight (that's crucial: lifting 3-lb. cans of tomatoes forever doesn't get you strong) and doing this routine twice a week will strengthen you. Even if you're 90 years old. \*Especially\* if you're 90 years old!

There are extras: more exercises, if you want them, lots of info about how this works -- but the core program is ridiculously simple. Not simple as in most books of "keeping fit after 40" (or 50 or 70 or whatever), which usually suggest a "simple" program of "here are 8,000 exercises, and all you have to do is figure out which ones you need and the order in which to do them and then keep adding/ changing them FOREVER" business. Just 8 exercises, a small investment in dumbbells and ankle weights, and start.

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### **Amber says**

This book is geared towards older women (like post-menopausal women), but I felt like a winner for getting the lessons early! It has a lot of explanation about bone loss and weight-lifting, which convinced me to try lifting for the first time in my life, and I LOVE IT! I am so much stronger than I've ever been--I actually have muscles on my spaghetti arms now! It's fun to track my progress, too. I highly recommend this book to all women, any age.

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### **Carolyn S says**

Lots of words, but the picture shows you what to do!!

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### **Joy says**

This scientifically proven strength-training program:

Replaces fat with muscle  
Reverses bone loss  
Improves energy and balanceRevised--new streamlined program!

The scientifically proven strength-training program that turns back the clock for women aged 35 and up--from the famed research labs of Tufts University

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