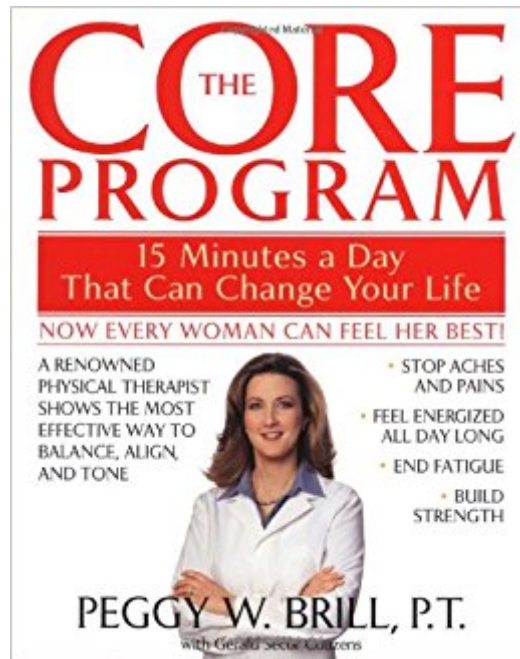




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# The Core Program: Fifteen Minutes A Day That Can Change Your Life



## Synopsis

Introducing the fitness program designed by a physical therapist exclusively for women – proven to increase strength, tone muscles and reduce aches and pains in just 15 minutes a day! Few women realize that most popular fitness regimens are designed for men. Yet women have their own unique fitness needs – and using a program developed with men's bodies in mind is not only ineffective, but can actually result in injury. Renowned physical therapist Peggy Brill has devoted her life to developing an exercise program specifically for women. Based on her understanding of movement dynamics and body structure, these exercises focus on developing and balancing the muscles in the anatomical center of the body – the core – which includes the back, hip and abdominal muscles. Peggy's remarkable head-to-toe workout targets the "hot spot" areas – neck, back, pelvis, hips, knees – that cause problems for even the healthiest women. In just 15 minutes a day, The Core Program's easy-to-learn exercises will help women:

- Strengthen their bodies to achieve balance and alignment
- Eliminate everyday aches and pains
- Prevent bone loss
- Protect against osteoarthritis
- Improve sleep, digestion and circulation
- Enjoy better sex
- Feel energized all day long
- Overcome the effects of aging

With inspirational case histories, detailed photographs illustrating each exercise and self-tests for rating balance, flexibility and strength, The Core Program is an owner's manual for the naturally strong, healthy body every woman should have. From the Hardcover edition.

## Book Information

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## Customer Reviews

Exercise books often make grandiose claims of improving everything from your sex life to your

cholesterol level. At best, these claims are harmless; at worst, annoying. Every so often, however, a program is developed with attention to specific issues, backed up with strong medical knowledge, and presented in a plain and helpful manner. Peggy Brill is a physical therapist who has created just such an exercise program. The Core Program offers numerous ways to improve deep muscle strength in women, which can lead to improved posture, strength, and energy levels. Brill's program is designed specifically for women and built around easy exercises for the torso area, starting deep with the pelvic floor and working its way out from there. As it is a no-impact program that takes just a few minutes each day, it's easy for every woman to incorporate into her schedule, and equally appropriate for teens or senior citizens. She emphasizes that "the Core Program is supposed to relieve stress, not cause it," so a skipped routine or two is not the end of the world. The exercises are similar to those taught in physical therapy visits. Muscle groups from head to toe are gently warmed up before moving into yoga-inspired stretches and lift-and-hold exercises. Each one is shown with photographs and detailed written instructions, and all are easy to follow, even for a novice. With a few simple tests, you can easily determine the exercise level appropriate for you out of the three different levels shown. Amid all the instruction are plenty of stories from women with chronic fatigue or injuries who have successfully improved their stamina and strength. Whether this is the only fitness program in your life or an addition to your regular workout, you'll find this book informative and educational, with achievable goals and straightforward routines. --Jill Lightner --This text refers to an out of print or unavailable edition of this title.

• Working with Peggy is a dream! Her ideas are terrific and the relationship she develops with you makes you feel confident about improvement. • Coach Mike Krzyzewski, head coach of Duke University's men's basketball team • Nothing is more important to strength, health and vitality than strong core muscles. I know this from both personal and professional experience. Peggy Brill's exercise program is effective for every woman, no matter what her current fitness level. And because it takes only 15 minutes per day, everyone can benefit. • Christiane Northrup, author of Women's Bodies, Women's Wisdom • Using The Core Program, you'll give your body a head-to-toe workout that will also tone your muscles and carve inches off your waist and hips. You'll look great and feel terrific. Best of all, the easy-to-do Core movements can be done no matter how old you are. It doesn't matter whether you are overweight or skinny, fit or sedentary. • Peggy Brill Hear what women are saying about The Core Program: • Sitting at the computer all day left me feeling drained. Now I don't feel like I've been run over by a truck at the end of the day. • Nancy, 32 • Finally I'm graceful; my strides are fluid. When I catch a

glimpse of myself in a store window, I see a confident woman, not someone who looks like she carries the weight of the world on her shoulders.ââ Jenna, 47ââ Iâve been jogging for a few years, but not without discomfort in my hips. Now I enter minimarathons, and keeping up with my husband is no trouble at all.ââ Ellen, 37ââ For the first time in much too long, I feel terrific from head to toe. I never thought Iâd feel this way again!ââ Maria, 42

Very effective exercises to rid yourself of chronic back/shoulder/knee/neck pains. I have tried every kind of exercise out there, know all sorts of stretching techniques and nothing has helped me like this 15 min program. After doing them for only 2 days the involuntary groan that would escape my lips every time I got into/out of the car was GONE. I can now stand up and leap into whatever activity I like, rather than shuffle around first to get rid of the stiffness (I am 46 yrs old). I had no idea how much my minor aches and pains were slowing me down until I tried this program!

I am 30 years old and have 3 children. I had gotten to the place where when I would get out of bed in the morning I would actually hobble around the first few steps!! After just one week I was pain free! And now 3 months later I feel so energetic you'd think I was a teenager again. I got my Mom started on these and she is so impressed that she just called me and had me order her 8 more, one for each of her sisters and daughters and daughter in laws! I would recommend to anyone! I have never heard of anyone who does not like these. Everyone who has done them LOVES them. I HAVE NEVER BEEN MORE IMPRESSED WITH ANY DIET OR EXERCISE PLAN than I am with this!!!

I HAVE HAD neck shoulder tightness for years.. I bought this book and read the first 8 or 9 chapters which are boring stories and info. THEN I got to the exercise part. The first stretch took a couple minutes to understand and do. It consists of about 5 steps to get the full exercise. I did it for 15 seconds each about 5 times. Then I stood up and thought WOW that really did something. I laid on bed to sleep and normally when I try to crack my neck or back I am tight. Well that stretch exercise made me so loose I cracked all over the place. I did the first 3 exercises about 10 times then while walking into work I noticed I was not a hyper nervous wreck. The tight neck muscles were not triggering my nervous system by the spine or base of head and I was so happy. I was in the store shopping yesterday,,, checked up then realized I was not triggering..legs were not shaking or tight, neck was not setting me off when I moved around. I have about 5 more chapters and many more stretches but just half ass doing the first few has changed my life. WOW

Wow! This book really delivers. I have always had a weak core (didn't even know what a core was!) and could never successfully implement any exercise program. That has changed now. I have had this book for several weeks. At first I tried to do a few of the exercises in the beginning core program to get used to them, but then got busy and forgot. Finally I just dove in and did the complete beginning program. I found the exercises to be deceptively easy, wondering how could something this simple and easy make a difference. But, within a few days my back pain was much better, almost gone. After three weeks now, it is totally gone, and I am ready to move on to the intermediate program. The only criticism I have for the book is the review photos in black and white are not very clear, but do serve their purpose as a reminder of which exercise is next. Also, I had to write in the number to count and number of reps by each photo in the review pages for easy reference, since they are not all the same. It would be nice if they included that info there for the reader's convenience in future editions. Some readers take longer than 15 minutes to do the exercises and in the beginning I did too, but now I can do them all in 12 minutes, and that includes a few extra reps on the one that helps my back the most. Excellent book - the author really knows the body and how to easily strengthen the core.

I usually don't take the time to write reviews but I can't say enough about this book! Just get it you will not be disappointed! I have recommended to all my friends. I am a 43 y/o female. I have suffered with knee problems and serious back problems including a few herniated discs, spinal stenosis, scoliosis and bulging discs. I had developed bursitis in my left hip and also suffered from sciatica. I had a knee injury a year and a half ago which really did me in. I lived with pain every day and really could not move that well which isn't cool when you have small children. I was overweight and did start to loose weight but could not exercise because of the pain in my knees and back. I happened to stumble upon Peggys book and read the reviews so I figured whats the worse that could happen...I'm out 10 bucks? Whatever, so I bought it. I read it through and it made total sense...so I gave it a shot. After doing the exercises 3 or 4 times I noticed I could get out of easily and bend over...before the exercises I could not get out of bed with out holding on to something and I would shuffle around until I got "warmed" up. I've been doing the exercises consistently for about 2 months now. All I can say is WOW!! It is like I have a new body...no more pain..seriously. I am so flexible! Thanks to peggys book I have my life back. I now do pilates in addition to her exercises...I am down 53 lbs and have dropped 5 dress sizes. I no longer take pain killers and can keep up with my kids. All I can say is thank you peggy for sharing your knowledge with us...and at such a

bargain. I would love to see more and maybe some dvds? P.S. The exercises are enjoyable and make you feel so good, if I don't do them for a couple of days I feel the difference! Yahoo for my "Brill Cores"! Buy the book it most definitely will change your life! (My husband thought it was all cooky at first but he is totally amazed at the difference !

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