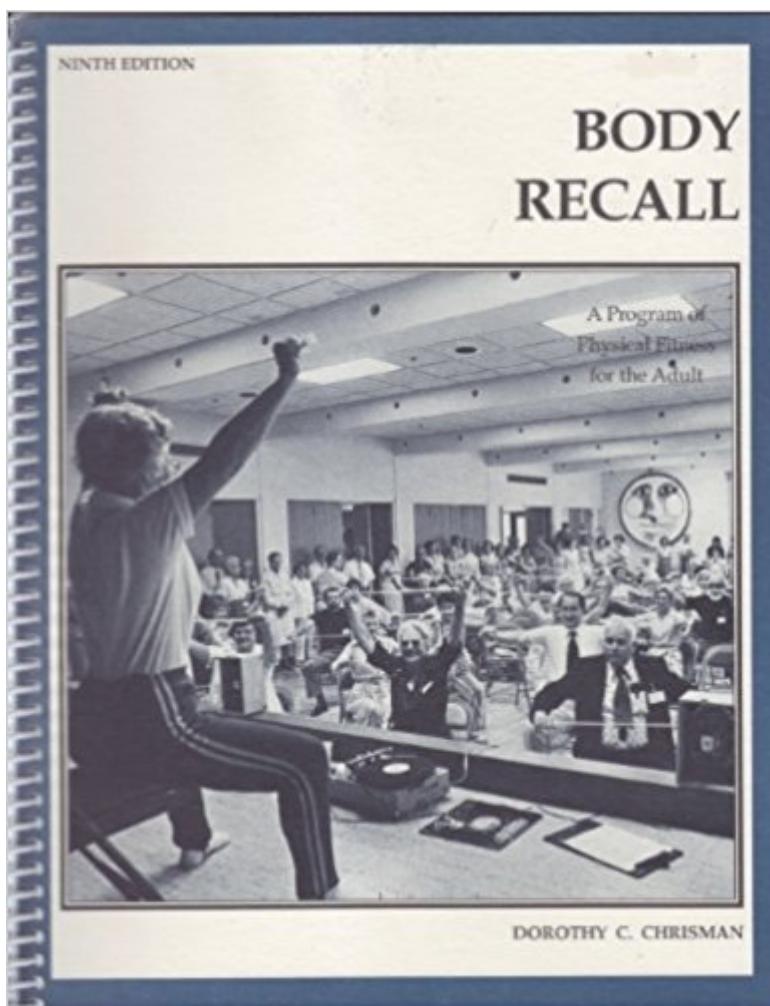


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# Body Recall: A Program Of Physical Fitness For The Adult



## **Book Information**

Spiral-bound

Publisher: Lafayette Printing Company; 9th edition (2001)

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## **Customer Reviews**

Being a teacher of fitness this book has become one of my favorite reference books. I use it often and my students often lovingly refer to "THE BOOK" whenever I try a new exercise. Note: this book was written in the 70's and reprinted up until the early 90's it is more based on a stronger Senior fitness class. You will find the exercises challenging even if you are not a senior and some you will ask yourself "Is this really a senior exercise? WOW" Honestly, one of the best books for physical fitness for seniors I have ever worked with and I have been teaching for over 11 years. I highly recommend. You will need to use your own creative nature to build your own classes. Although they give a format in back of book I have noticed that the format given was not favorable for my population of seniors.

I have been following this fitness program for 20 months. No better program available for seniors or anyone who is sedentary(or cyber-sedentary like myself).

Love this book, was clean and neat. I am going to a exercise group, and we use a lot of the same exercises. Thank you so much for this book.

Very handy for exercising at home

From just a quick glance I think it will work well for us! Arrived promptly and in good shape. Thanks

"BODY RECALL began with an idea, developed into a nonprofit, nonfranchised program, and has become a joyous nationwide network. The deep roots of its symbolic tree are faith in God and a

profound respect for His creation, the human body. That body was designed to move and BODY RECALL is a program of life-giving movement. Since the first edition of this book barely two decades ago, the BODY RECALL network has spread into forty-five states, trained and certified over a thousand teachers, and involved over thirty thousand people in living life more fully. By the time this ninth edition is printed, that summary will be an understatement. The BODY RECALL tree still grows, continues to bear good fruit, and endures as living, giving force. "[from the back of cover]" Once upon a time it was thought that only participation in vigorous activity would bring physical fitness benefits. We know now that people can secure physical fitness even if they move slowly. Slow movement is possible for all people. The older person does not have to engage in youthful activity to acquire physical fitness. Physical fitness for all ages should be a matter of self-management. Movement is a must for all. It is life-giving, but it must be safe while it is helpful. Those who move must take the responsibility for moving wisely and with comfort. Exercise should not produce pain, strain, exhaustion and injury. The vigorous games of our youth were vehicles to provide physical fitness values for the participant. Most of us keep the image of the gymnasium experience in mind when we contemplate getting back some of the benefits we have lost. In youth we did not learn about exercise programs for life. It is a mistake to believe that only those who have a surplus of energy can seek and find fitness. Bodies need to be active. The heart patient, the arthritic, the lame, the blind and the aged are no exception. The exercises contained in this volume show and describe movement that is beneficial for those who move slowly or who wish to gain physical fitness benefits without the negative by-products of a rigorous routine. May this work contain an approach to exercise that will INSPIRE YOU TO MOVE!" [from the book of preface]

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