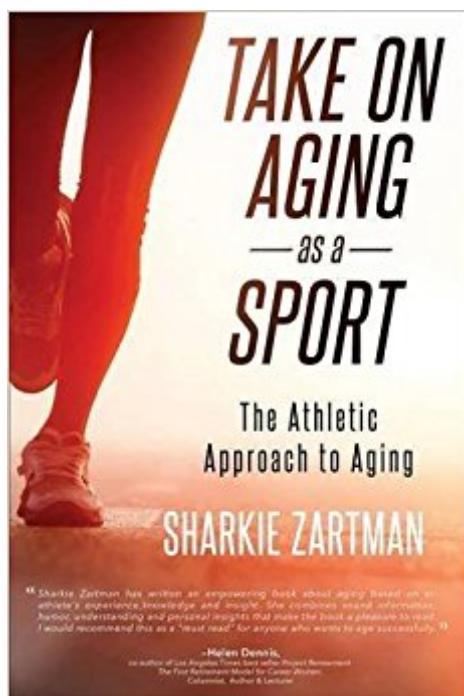


The book was found

Take On Aging As A Sport: The Athletic Approach To Aging



Synopsis

Take On Aging as a Sport offers a refreshing new paradigm for aging; taking it on as a sport. This athletic approach to aging will motivate, inspire and educate readers to take charge of their lives at any age. Written by a former world class athlete to any other athlete or sports fan who is entering the aging game this book will change the way we view the challenges of aging and get us OFF THE BENCH!

Book Information

Paperback: 168 pages

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Average Customer Review: 4.5 out of 5 stars 26 customer reviews

Best Sellers Rank: #1,208,570 in Books (See Top 100 in Books) #82 in Books > Health, Fitness & Dieting > Aging > Exercise #370 in Books > Self-Help > Mid-Life #14286 in Books > Health, Fitness & Dieting > Exercise & Fitness

Customer Reviews

Sharkie Zartman is such an inspirational person (I was honored to interview her for my podcast The Brain Broad Builds A Brain) so it was no surprise to me that her book, Take on Aging as a Sport, is inspirational as well. But the book is also much more than that! By showing us how to take aging on as a sport, we are gifted with tools and ideas that are concrete and actionable. As well as inspiring! Sharkie's athletic approach to aging isn't just a neat "spin" but rather a holistic and fun guide that incorporates every aspect of aging; from our emotional health to our nutritional health to our social health and more. This book is a winner!!

You know those awful ads that say, "if exercise and diet are not enough, we have a pill"? Yeah, we all want to say to heck with the hard stuff, just gimme the drug. Never mind that the side effects sound worse than the disease you're trying to treat or that this crutch only works for so long. This is a very, very important book for boomers--especially all us guys who have put in minimal effort to stay alive once we found out we weren't immortal around age 40, when it was almost too late. So

not only buy this book, give it to your friends--it's never too late to lead a healthier life so you can have fun much longer.

As a person in his 70's I agree with so much of what is written in this book. It is so important not to allow your age to define who you are, but to seek both physically and spiritually to be the best you can be at any age. I found this book to be extremely inspirational and valuable.

This is among the best non-fiction I have read in a very long time. A world class, highly successful athlete and coach who competed at the highest levels applies sports skills and practices to dealing with aging. The book leaves the reader fired up to make the most of life, whatever his or her age, which the author shows us can be a self-fulfilling prophecy. The principals are straight-forward and capable of implementation by anyone. This is a must read for anyone facing age related problems, and those don't wait to start until the 60s or 70s!

Over fifty? Then this book is a must read for you. All sane people have the same goal and that is to get to retirement age and beyond. When you get there don't you want to have a fun vibrant life as opposed to a "sit in front of the tv life." Take on aging as a sport will show you how you can get there with hope and joy. I loved this book. Read it like a fine red wine, that is savor it....it's that good.

Sharkie's book is not for old people. Let's get that out of the way. It is a book for anyone because we are all getting older each day (aging), but the best lies ahead with each pivot point that moves us forward. What I liked most about Sharkie's book is the whole being where contrasted from Chapter 5 (physical) is Chapter 10 (mental) strength. These work well together and I will definitely recommend this book to my children, grandparents, siblings of all ages!

Growing old is a goal that we all have and you can't just let it happen. I for one woke up one day and said, "I'm how old?" This book really puts the subject of aging into perspective by telling us that we really need to be ready for this and every step we take might mean a few days, months and years on this incredible ride that we have called life! It's a great read and an important one as well. I loved it!

I studied martial arts in my youth. Now in my 60s my flexibility has decreased dramatically as has my strength. Depressing. This book uplifted my spirits. There are many advantages I have as I grow

older. Thank you for really helpful insights. The book is humorous, engaging, and relevant . . . if your aging of course, . . . and who isn't? One day soon you'll realize it! Read this book!

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