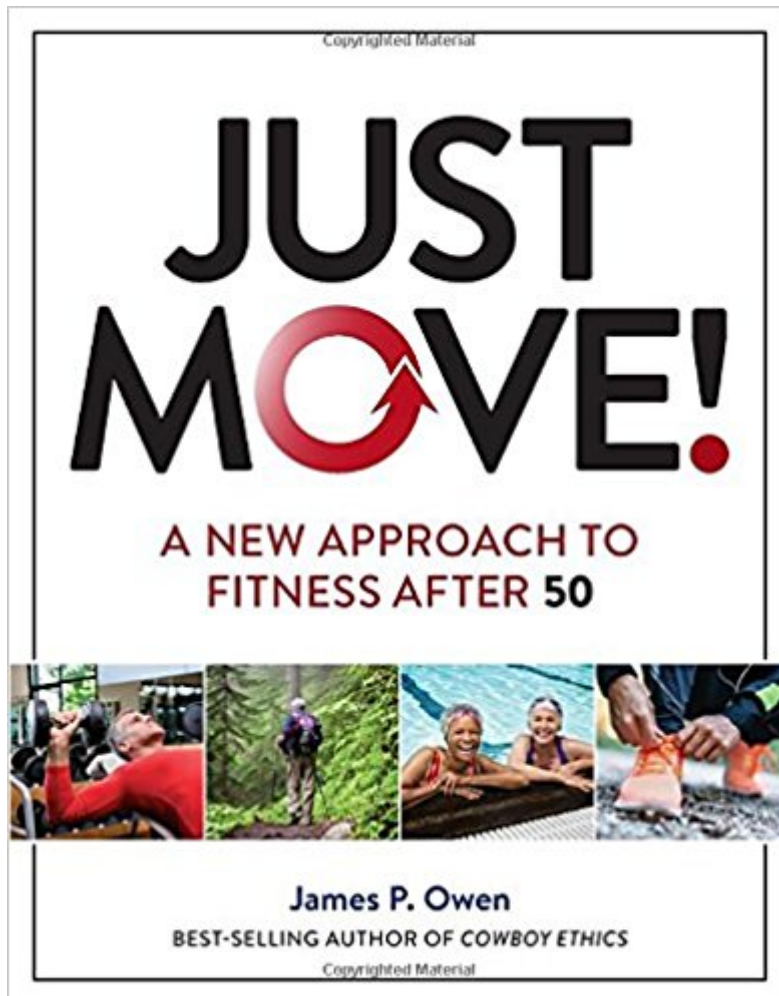




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# Just Move!: A New Approach To Fitness After 50



## Synopsis

This step-by-step guide, written by a best-selling author and former Wall Street titan, provides all the information and inspiration you need to feel better, reduce aches and pains, and push back against aging with a personalized fitness program that's right for you. Whatever your fitness goals or preferences, this book is designed to help you pursue the health program that works for you. An inspirational speaker, author, and former Wall Street rainmaker, Jim Owen was 70 when he decided he had to get fit. Years of a chair-bound lifestyle were taking their toll. Realizing that the old bodybuilding approach was no way to tackle the stiffness, weakness, and aches and pains that come with age, he set off on a journey of discovery and transformation. With help from the experts, he developed a common-sense, step-by-step program that can be tailored to any level of physical ability. Along the way he learned why cardio machines aren't enough, what it takes to be "functionally fit" for daily life, and how to stay motivated. Today, Owen is in better shape than he was at 25, and he is a passionate evangelist for fitness as a way of life. He has proved that you don't have to be powerless in the face of advancing years: if you make a commitment to "just move," you can take charge of the aging process and make your coming years the best they can be. The book is divided into two sections, with the first providing fascinating information and the second showing step-by-step details of how to put the best fitness principles into practice.

## Book Information

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## Customer Reviews

JAMES P. OWEN is a forty-year veteran of Wall Street and is also the Founder and CIO of the Center for Cowboy Ethics and Leadership. He is the best-selling author of *The Try: The Secret to*

Success in Life and Career, Cowboy Values: Recapturing What America Once Stood For, and The Prudent Investor. He resides in Austin, Texas.

When you're older, being sedentary comes easy. For most of us, bits and pieces have worn out making movement more arduous and tiring. Pain is a constant companion for many of us and we don't want to risk making it worse. And, after a look in the mirror or a shambling walk to the store, we simply can't muster the belief that we can become fitter and stronger. Author James Owen awakened to his body's disintegration at age 70 and willed himself to become as physically fit as possible. He quickly learned that traditional approaches to exercise don't work for older people (a fact I know well from personal experience). So Owen set about mapping a new road to exercise for the elderly resulting in this book. The first 156 pages are a thorough course in the how and why of exercise for older people. This exposition is simply invaluable. For example, on pages 84-85, Owen provides a "How getting fit is different when you're older." For the most part, younger people at gyms and even physical therapists simply don't understand the psyche of an older person when it comes to physical exercise. We're not young and we can't do what young people do. Attempting to do what they do and failing is disheartening and ego-crushing. Owen instead focuses on helping you develop the proper mindset to approach an exercise from a different perspective: you aren't trying to develop a six-pack or whatever or break Olympic records. You're going to be exercising to preserve your body, better your chances of maintaining good health, developing more stamina so you can do simple things like walk further with less fatigue. The goals of the older person are different than those of someone younger and Owen explains why. It isn't until page 156 that Owen illustrates the "5 basic exercises everyone should do." Most people will already be familiar with these exercises from their youth. What makes the difference here is that Owen explains how to make these basic exercises more beneficial for the older person and, more importantly, the specifics of why they are important. He goes on to exploring more aggressive exercises and gives absolutely top-notch advice about fitness centers, personal trainers and more. I am Owen's target audience: an old man who engages in moderate regular exercise, but hasn't pushed himself, mainly for fear of failure or injuring myself. Owen has provided me with a new perspective and energized me to do more. For that, I thank him. I think every older person who wants to slow physical deterioration from lack of exercise

should read this book. It's great. Jerry

I would give this book 6 stars if it were possible. This may actually be life-changing for me if I let it be. I am 68 years old and had pretty much written off the fact that I would no longer really be able to move around in order to feel better. This book is inspirational. It tells you what you can safely do (with your doctor's approval of course) and not hurt yourself. I am inspired. I have shared this with my hubs and he agrees that this book is our answer. Please consider giving it a try. I promise you there are things in here to help you feel better, let alone live longer.

Before I even read this book, I wanted to love it because my maiden name is Owen (no relation though) and I am a transplanted Texas cowgirl! I was thrilled with what I found inside. I have multiple personal training certifications and my area of focus is biomechanics and helping people live a high quality of life after a certain age. This book gives you the tools to do just that. It highlights the importance of posture and functional training and gives simple exercise plans. I think that is ideal because you don't need to complicate things. After a certain point, you will lose people's interest if you make it too hard or complicated. This book strikes an excellent balance and focuses on the most effective exercises. This is a safe program for any age. Great job!

This book is so inspiring. This is not a memoir or showcase of beautiful bodies, which I am sick of. This is a basic guide on good health, especially movement health, for those fifty and over. The emphasis is on Functional Fitness, in other words, not beauty and muscles but how to be strong and healthy every day for the rest of your life. There are explanations, examples, and many, many exercise suggestions to improve balance, coordination, strength for daily living, heart health, lung health, and overall fitness for the long run of life. The basic question rests on the idea that now that your work life might be slowing down, and you have more time to devote to exercise, what are you going to do and why? The idea of building muscles like a weight lifter or getting skinny for that date are not nearly as important as being able to garden, pick up your grandchildren, and enjoy sports and activities into your 70s or 80s without injuring yourself. The other thing I like about this book is that it emphasizes that no matter where you are in your health right now, you can start now to improve it. Like the title says, just move every day. Start with just a few minutes and build up to an hour or more. And the book also emphasizes that one type of activity is not enough. If you walk an hour a day, that is great, but you also need to be building lung health with aerobics, and strength with some weights or bands. Overall, it has inspired me to change my routine and improve my

overall daily life.

This is a great book for us older folks. Its true that our fitness needs differ from younger folks and Owen gives up some safe and commonsense ways to get and stay fit. The illustrations are helpful and actually demonstrates exercises that have had me baffled for decades. Lots of good advice on what to do on your own or even advice on hiring a trainer.

This book is packed with encouraging and inspirational guidance intended to help old people (like me) get started with a fitness program. While the author exhorts everyone to use these simple methods to get in shape ,he really expects people to be in pretty good shape already. The exercises are few ,simple but not particularly easy. This might be great for someone who is simply out of shape , but if you have difficulty standing, walking or balancing or are in considerable pain, the lowest bar here may still be too high. I am trying to see if there are actual practices in the book that I can follow .

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