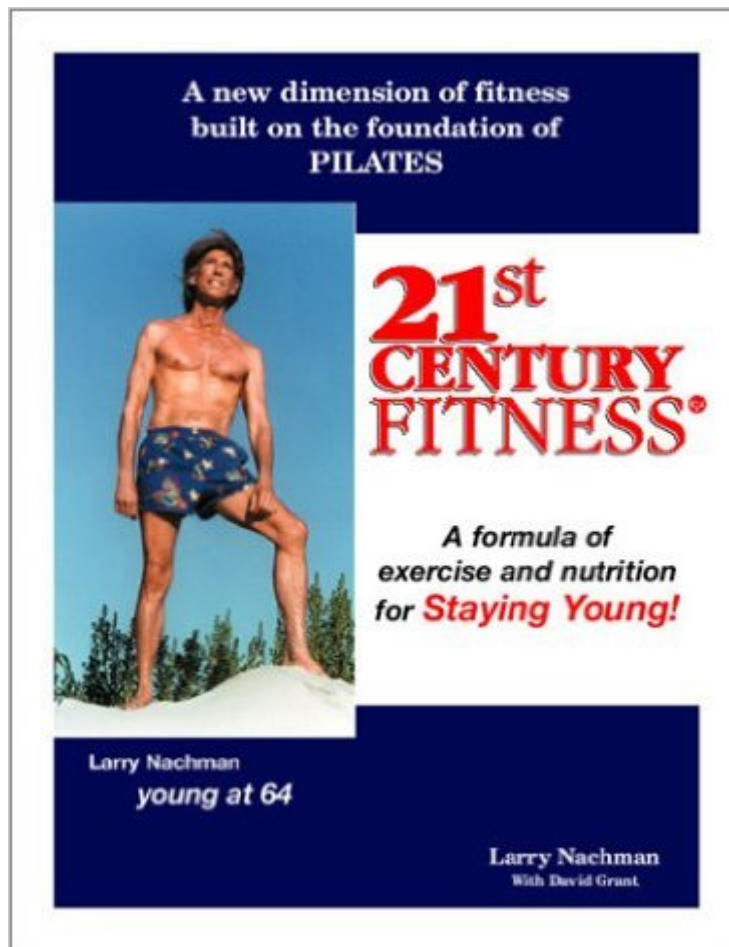


The book was found

# 21st Century Fitness: Your Personal Guide To Getting Younger As You Grow Older.



## Synopsis

Beyond the traditional fitness methods developed in the last century there lies a new dimension of fitness. This next dimension is defined by its goal: to reverse the aging process and provide long lasting youth. It was with fanfare and high hopes that we ushered in the 21st century, thinking that we had the answers to the fitness dilemma. There was information galore: Diets, mega-gyms, and endless array of equipment, videos, classes for everyone's taste, certified personal trainers, and a new theory every second. But as the dust has settled and we take a realistic look at the results, it appears as though we have failed. The United States has the most unfit population of all industrialized nations and its senior citizens have become old long before their time. 21st Century Fitness is a new attitude about aging. It breaks the cycle of stagnant thinking that has made most of today's fitness programs ineffective and obsolete. It is the first re-thinking of a total fitness program for all ages and lifestyles. It is an awakening to the new dimension of fitness that incorporates the best of 20th century methods and fills in the gaps that have long been missing. It provides every detail of exercise and nutrition to answer a question that we have asked throughout the ages: how can I have the essentials of youth in my later years? The new way to think about fitness.

## Book Information

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## Customer Reviews

Last week Jenny Sanford, South Carolina's First Lady, made a presentation at my Rotary club. She enlisted support for a new effort to fight disease and illness in our society by becoming fit. She documented that the rise in cancer, heart disease and obesity directly correlated with a lack of fitness due to inactivity and poor nutrition. I told Larry (the author) to send her a copy of his book. The theme of Larry Nachman's 21st Century Fitness is that by attaining the 8 (measurable)

essentials of fitness through his formula of exercise and nutrition we can gain access to the 21st Century's "Fountain of Youth." To him most ailments we cite today are symptoms of aging. Stay fit and you are, by definition, both young and healthy. I developed a commitment to fitness at West Point. During my four years there my classmates and I learned lifetime fitness sports such as golf and tennis. I was a member of the varsity swimming team. I was totally sold on the idea of lifetime fitness. In my middle years my favorite exercise was jogging -- I even ran in three Marine Corps Marathons. In my mind I was a model of fitness. Then in the early 90's I developed a lower back problem. It persisted in spite of a special exercise program followed by President Kennedy. Nothing worked until I started the 21st Century Fitness program by following the formula prescribed by Larry in his book. My worst symptoms evaporated almost immediately! Today at age 69 I get out of bed each morning without an aching back and enjoy the many other benefits of fitness and youth! I'm at my ideal body weight and my blood stats (I've been a part of the West Point heart disease study since the early 50's) are better today than when I was a 25 year old fighter pilot. Larry's book is a revolution in the field of health and fitness. As one of Larry's students says on his website ... , "There are three books that should be in every family library: the Bible, a dictionary and 21st Century Fitness."

Larry Nachman is a retired gym owner from Charleston, South Carolina, who lives and breathes Pilates. This book was not written merely to inform or entertain readers. Instead, this book is a work of passion and integrity. It is an attempt to help you master these Pilates techniques and make them a part of your life. Yes, Nachman is absolutely passionate about Pilates, and if you read this book, you'll become a believer yourself! Using black-and-white, cartoon-like full-body illustrations, Nachman makes it look so easy. With a little practice, you'll be able to do all the Pilates exercises, and transform your mind and body in the process. Nachman also shares personal stories, family photographs, and recipes -- which enhances the Pilates experience. The book's handy spiral-bound format makes it easy for you to take this book with you to the gym, or wherever you want to practice. Just open this book, and practice Pilates until you get it right. Thumbs up for Larry Nachman and this wonderfully inspiring book.

I had lost my copy so happy to find one for sale. Great book.

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