



Feeling Good: Strength Training with Your Significant Elder

Josephine Kelly

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This is your book if you're an adult who is worried about the health and strength of an older person in your life, your Significant Elder. You will learn how to introduce strength training to improve the quality of life for your Significant Elder, even if he or she is 90 years old. Your Significant Elder will need a doctor's approval to exercise, but the huge majority of older people can train for strength. They love working out because it makes them feel so good. Here's how you can help: Conduct the strength training sessions yourself if you have lifted weights with a certified personal trainer for some time. On the next page, see some examples of people over age 40 who could easily train a Significant Elder. If you haven't done strength training, take this book to a personal trainer and ask for at least four to six sessions so that you can learn the correct techniques to teach your Significant Elder. Then consult the personal trainer from time to time as needed. If you live too far away, use this book to find a personal trainer for your special older person. Then learn how to follow up to ensure success. Chapters 3 through 10 contain introductory notes just for you. This is your book if you are a Significant Elder-age 65 or older. If you are in your 60s or early 70s, read the note below and schedule a dozen or so strength training sessions with a certified personal trainer. After that, you can probably continue strength training on your own. However, it's a good idea to find a workout partner so that the two of you can keep each other motivated and ensure each others' safety on some of the more challenging exercises. If you are in your 70s, 80s, or 90s, congratulations! Please give this book to your favorite young person—a child, grandchild, niece, nephew, sibling, spouse, in-law, friend, or helper. Then surprise this person by asking for some assistance with strength training. It will do you both worlds of good. Another strategy is to give this book to a certi

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