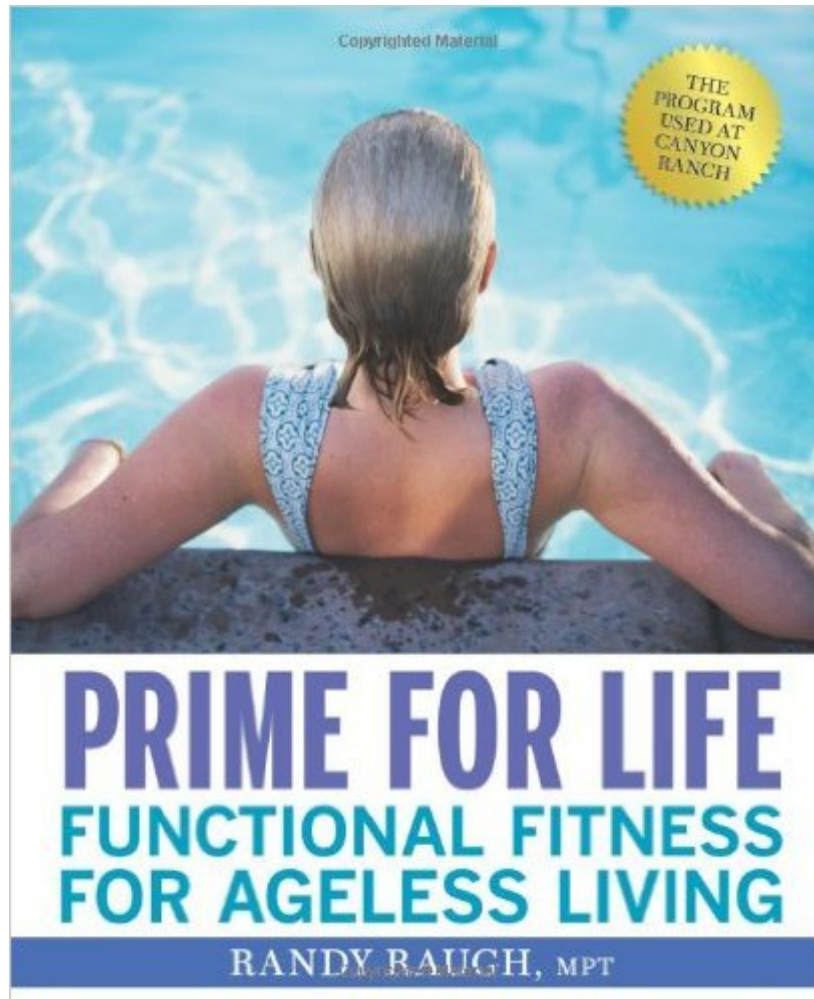


The book was found

# Prime For Life: Functional Fitness For Ageless Living



## Synopsis

Â Each year, hundreds of people make the decision to leave the routines and restrictions of their daily lives and come to Canyon Ranch, the world-renowned wellness and health center in Tucson, Arizona, for a life-changing week. Within that short time, guests at the ranch reconnect with the natural world and their place in it as living, breathing, moving creatures. Â In his role as fitness director of the Life Enhancement Program at Canyon Ranch, physical therapist Randy Raugh helps guests of all agesâ ”and with all ranges of fitness levelsâ ”understand how movement and activity will not only enrich their lives but will also protect them from disease, obesity, and the negative aspects of aging. As children, our bodies are primed to moveâ ”every ligament, tendon, and muscle is supple and receptive to even the most sudden movements. As we age, however, our movements become more careful due to pain or fear of injury. According to Randy Raugh, it doesn't have to be this way. The latest research suggests that itâ™s not our bodies that compel us to slow down or stop enjoying what we used to do, but itâ™s our conscious connection to our bodies that diminishes. And thatâ™s a big part of what makes us "feel old"â ”when we don't have to at all. Â In *Prime for Life*, Randy Raugh offers the revolutionary approach he uses with his patients at Canyon Ranch to help them achieve long, active lives. By focusing on maintaining healthy joints and providing specific strategies for doing so, Raugh shows you how to:

- Prevent injuries and heal physical damage accumulated over a lifetime
- Achieve better results from exercise while eliminating joint and muscle pain
- Learn how to talk to doctors about surgeries and detect common misdiagnoses
- Discover how to create a simple fitness plan that fits into your daily routine
- Find out the truth behind common myths, such as "surgery is your only option"

Â Based on cutting-edge research, more than two decades of hands-on experience, and the stories of real people, *Prime for Life* provides the innovative exercise strategies, tips, and tools you need to build and maintain a strong, pain-free, youthful body.

## Book Information

Hardcover: 304 pages

Publisher: Rodale Books; First Edition edition (June 9, 2009)

Language: English

ISBN-10: 1594868298

ISBN-13: 978-1594868290

Product Dimensions: 7.8 x 1.3 x 9.1 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (10 customer reviews)

Best Sellers Rank: #1,401,361 in Books (See Top 100 in Books) #85 inÂ Books > Health, Fitness & Dieting > Aging > Exercise #16741 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness #97647 inÂ Books > Self-Help

## Customer Reviews

This book includes the latest (I try to keep up on my own) research and evidence about the most effective exercise and physical rehabilitation procedures. Even though it is tagged for the aging, it is appropriate for younger adults to read in order to prevent problems that they may be starting to accumulate now, such as what is really going on when one is slumping at the computer, sleeping on the stomach side, walking on stairs, etc. I learned a lot about how bones and joints move, age, strengthen, and respond to various stresses from different intensities and durations. The author emphasizes correct biomechanical movement as prevention and cure for many, but not all, injuries and skeletal ailments. I figured out the cause and cure of two ailments of mine from this \$17.00 book. Although it can be dangerous to self-diagnose, the author's cautious movement retraining advice is helping me. The friendly no-ego writing style, diagrams and photos are very helpful also. The only thing I'm surprised at was that the author didn't include forward planks and push-ups as part of an exercise program.

Physical Therapist Randy Raugh, the fitness director of the Life Enhancement Center is an expert in teaching people of all ages how to use movement and activity to make their bodies healthier and more resistant to injury. In this book, he takes his years of experience, and distills it into a study guide on how to properly use your body. Each of the chapters covers a different subject, with most of them focusing on a part of the body - the foot and ankle, the knee, the hips, the back, etc. I must say, this is an interesting and very well put together book. The author does a great job of teaching the reader many (many, many!) exercises for strengthening and making the body more flexible. Now, if you are looking for a general daily exercise routine, you might find this book a little overwhelming. But, if you know you have specific problems, then this is a great resource where you can find out what you need to do to help that part of your body. I think that this is a great resource, and I highly recommend it! (Review of Prime for Life: Functional Fitness for Ageless Living)

This book is a must-have for ANYONE over the age of 40 (or 50, or 60, or onward.) Loving both the body and the soul, Randy Raugh has the charmed voice of an innocent and the scientific knowledge

to back up his methods, warnings, and self-help techniques. We all want to continue doing the activities we love. This book will inspire you and help you keep up the activity and the joy for a long, healthy life. It is absolutely wonderful for anyone of any physical level.

It is sometimes difficult, given Mr. Raugh's exquisitely sculpted prose and his recursive -- yet rewarding -- explorations of his many-branched subject, not to lose sight of Mr. Raugh's hard-earned insights into the biomechanics of exercise and his years of hands-on experience as an exercise physiologist at the world renowned Canyon Ranch Spa. Mr. Raugh has achieved, with this study, a timeless contemplation on the workings of the macro human organism, and the lessons he painstakingly draws for us are as relevant for our children as they are for our grandparents. This text is a gift to every generation, with years of observation culled together and deftly and aphoristically presented to us --- mute treasures of wisdom which belie the almost Sisyphean effort which underlies them. Bravo, Mr. Raugh! Kudos to you!

Glad I got this used at a discount price. I wanted a book with functional fitness workouts. This contained a bunch of theory and personal stories. The actual workouts could fit in a pamphlet. It is going to goodwill.

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