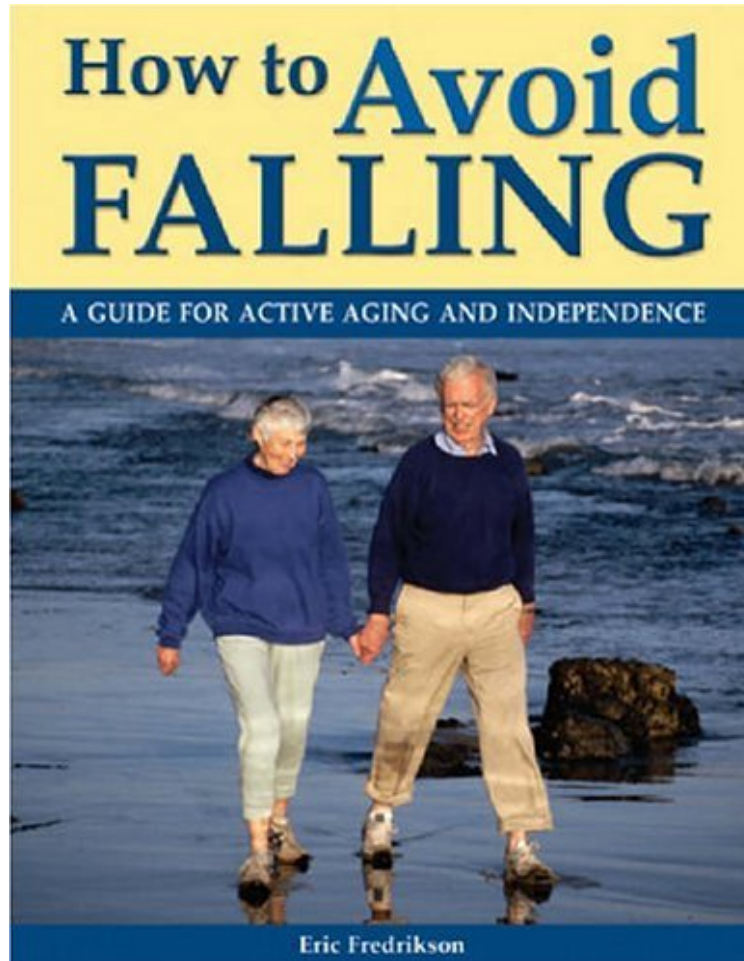


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How to Avoid Falling: A Guide for Active Aging and Independence

Eric Fredrikson

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Eric Fredrikson : How to Avoid Falling: A Guide for Active Aging and Independence before purchasing it in order to gage whether or not it would be worth my time, and all praised How to Avoid Falling: A Guide for Active Aging and Independence:

0 of 0 people found the following review helpful. Get something else.By CustomerI bought this book to review before I give it to my Dad. He needs to be more pro-active about not falling.My goal at the least is to have Dad evaluate different types of walkers for uses on ice and in his garden and so forth and so on.I am so glad I ordered the book because it is horrible and I would never recommend anybody read or buy it. As a matter of fact, I will be returning it to .com. Returning a book will be a first.Exercises are remedial. Words are sparse. For instance, 150 words TOTAL cover walkers (only on page 120), and only in Chapter 11 Recovery. Guess walkers are not for folks until after they fall. The book ends at page 124 with nothing to offer in my opinion.And if you think I am upset at being burned, let me tell you something else. In Chapter 1 Taking Stock a pyramid of how to eat takes up three quarters of the page.

Recommendation is that 6-11 servings of bread, cereal, rice pasta are the bottom foundation of ones diet. I fail to see how eating so many servings of carbs would be good for avoiding falling. With all the recent news about eating rice even one or two times a week (and the subsequent increase of diabetes mellitus which results), I find advice such as this exceptionally inappropriate in a book about how to avoid falling. 0 of 0 people found the following review helpful. Very informative. Will be very beneficial in the years ...By Roger Weinheimer Very informative. Will be very beneficial in the years to come. 5 of 6 people found the following review helpful. Anything beyond common sense? By John the Reader Oh dear. But then, what did I expect, a 'magic wand' of advice on keeping ones balance and avoiding the dangers, pain and embarrassment of age-related tumbles? Having taken a tumble himself - a fact he mentions no more than 742 times - and becoming then involved in the notorious 'health care industry' the author instead gives repetitive counseling on those medical standbys that are now in danger of becoming "Old Saws"....Quit smoking, regularly exercise, diet, never put anything in your ear larger than your little finger (wrapped in a face-cloth) and do not run with scissors. Or so this book read to this particular reader and stumbler! Oh! And avoid alcohol. There are some exercises in the book, nicely illustrated and very clearly explained, but they are the standard 'elderly person' routines that most of us that fall have already been taught by our Primary Care Providers (what we used to call our family Doctor). There was no true insight in HOW to fall offered, or even any reveling information on how to avoid falls - other than the rather common sense advice to watch how you go and mind the cat. Perhaps a little unfair of me to expect insights beyond common sense? I quit smoking years ago - and only regret it three or four times a day when the mind numbing craving returns - and as I am no longer able to walk very well will obviously have difficulty with an exercise routine ... there is not a lot left to enjoy beyond sitting comfortably with a good book with two or three fingers of something soothing in a glass! Mind how you go!

Staying active without fear of falling. The danger of falling increases substantially with age. This is especially true in developed countries where aging populations tend toward comfortable, inactive lifestyles. How to Avoid Falling is a practical, non-technical guide to minimizing the occurrence of falls as well as their devastating effects. The book recommends taking stock of one's current level of health, physical abilities, ongoing medical concerns and current medication. It covers the risk factors of falling, how to alleviate them, as well as some general practices for living a healthy life. Exercise is key, especially walking every day. There are fitness and balance exercises that will improve health and a sense of well-being. Fall-proofing a home is also covered, as is being aware of the best way to respond to hazardous situations such as icy or slippery conditions. A final section describes what to do after a fall starting with how to safely get up again, regaining confidence, as well as how to choose canes and walkers.

Information-packed guide... a program of nonstrenuous exercises to improve balance, strength, and flexibility, these are illustrated with easy-to-follow line drawings... A highly recommended addition to senior health and fitness collections. (Karen McNally Library Journal 2004-10-01) A great deal of commonsense suggestions... with a few simple precautions and an informed outlook you can avoid the pain of falling and continue happily with your active lifestyle. (Terry Peters North Shore News 2004-10-10) Library Journal selected this book as one of the "Best Consumer Health Books of 2004." (Barbara Bibel Library Journal 2005-05-01) Practical advise on how to minimize your risk. (50Plus) Focuses on health and active living. The worksheets provided to assess the different aspects of an individual's health and illustrations of different strength and balance exercises are very useful. (Kristina Howard E-Streams) Learn how you can improve your fitness and strength and avoid hazardous falls. (Healthwise) Comprehensive chapter one fall proofing every room in the house, plus how to avoid falling hazards outdoors... describes what to do after a fall. (Choices After 50 2005-10-01) From the Author My book shows how Regular Appropriate Physical Activity (R.A.P.A) will restore balance, strength and flexibility thus reducing the likelihood of a fall. It shows people how to fall proof the home, move about safely inside and out in all weathers, and learn fall prevention and protective fall techniques. And finally, most important of all, it presents the way to overcome the fear of falling and regain confidence to live a happy and productive life. About the Author Eric Fredrikson gives accident avoidance courses for hospital and corporate clients.