

**new!** **Anatomy of Movement**

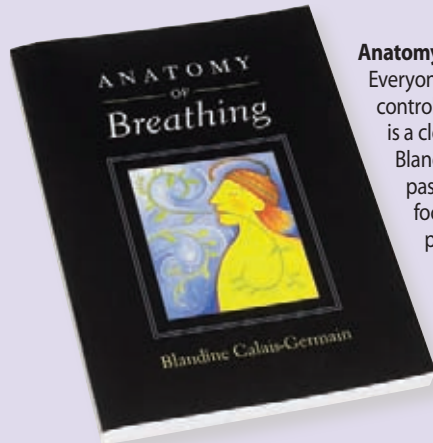
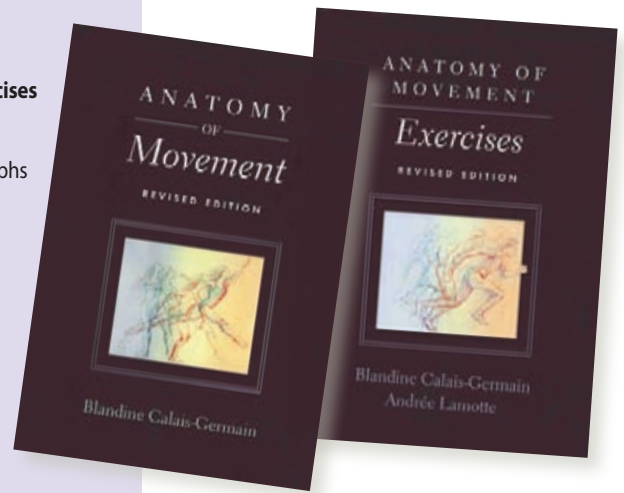
In this newly revised edition, *Anatomy of Movement* presents a dynamic, integrated approach to the study of the physical structures of the musculoskeletal system and their functional relationship to the movements of the human body. Author Blandine Calais-Germain guides the reader on a tour of the muscles, bones, ligaments and joints of the arms, legs and trunk. More than 1,000 illustrations. Softcover, 316 pages.

*Anatomy of Movement* (#8579)

**new!** **Anatomy of Movement– Exercises**

This companion volume to *Anatomy of Movement* describes and illustrates—through hundreds of photographs and drawings – a comprehensive series of exercises involving the most common movements of the body. Over 100 new illustrations were added in this revised edition. Softcover, 282 pages.

*Anatomy of Movement– Exercises* (#8580)



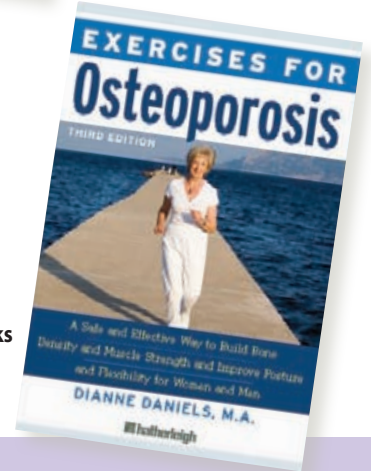
**Anatomy of Breathing**

Everyone breathes, yet few of us understand how to consciously control breathing to improve our well being. *Anatomy of Breathing* is a clear guide to the theory and practice of breathing. Author, Blandine Calais-Germain, studies the thoracic cage, the airway passages, the organs and muscles involved in respiration while focusing special attention on the diaphragm and the physiology of respiratory volumes. She analyzes respiratory movement and provides over 30 simple exercises to prepare your body for the benefits of different types of breathing. Illustrated. Softcover, 232 pages.

*Anatomy of Breathing* (#8574)



**Sara Meeks**  
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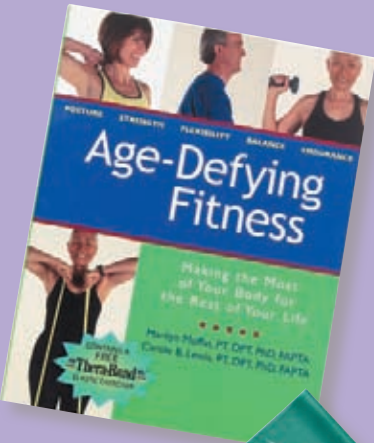
**Exercises for Osteoporosis**

As the first book of exercises written specifically to address strengthening bones, *Exercises for Osteoporosis* 3rd edition now also includes information on skeletal alignment and helpful medications. Author Dianne Daniels, M.A. features the following to promote long-term health:

- Targeted exercises for specific body parts including wrists, ankles, hips, spine and other at-risk areas
- Special exercises to improve balance and alignment, helping to prevent falls and fractures
- Individualized, detailed exercise plans for the prevention and treatment of osteopenia and osteoporosis

Illustrated. Softcover, 150 pages.

*Exercises for Osteoporosis* (#8586-3)



**Age-Defying Fitness: Making the most of your body for the rest of your life** Written by Marilyn Moffat, PT and Carole Lewis, PT, this informative guidebook is intended for the over 50 population. Topics covered include:

- Posture
- Balance
- Strength
- Flexibility

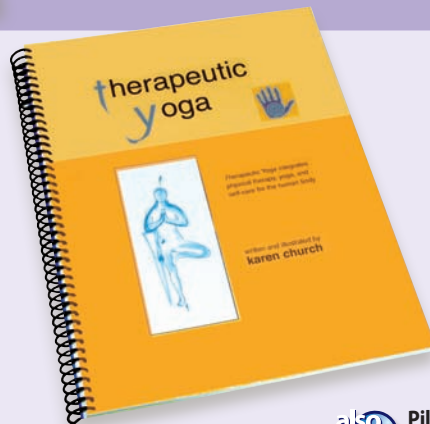
This book sets the bar for active-aging resources with in-depth explanations, clear photos and large, easy-to-read type. Little equipment required. Includes a free Thera-Band green (heavy) resistance band, contains latex. Illustrated. Softcover, 290 pages. Non-returnable.

*Age-Defying Fitness* (#8490)



**Therapeutic Yoga** by Karen Church, PT, promotes optimal alignment and movement retraining by integrating physical therapy, yoga and self-care for the human body. Exercises are designed for postural strength, flexibility, endurance and balance. Exercises will accelerate recovery from injury or surgery, prevent re-injury and enhance activities of daily living. Illustrated. Spiral bound, softcover, 132 pages.

*Therapeutic Yoga* (#8621)



**Pilates Wedge**  
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**Yoga Fan**

The Yoga Fan features a rigorous Vinyasa sequence with more than 50 postures (complete with modifications for all levels) plus preparatory and meditation postures. This illustrated aid is grouped in seven color-coded sections according to posture and corresponding to the seven chakras. Included are tips on safety, form and alignment, breathing and meditation. Also included is a glossary of yoga terms. 71 leaves.

*Yoga Fan* (#8578)