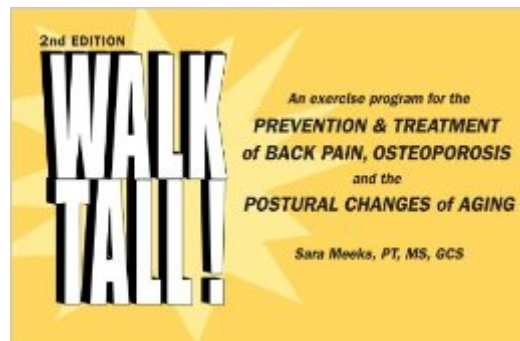


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Walk Tall! An Exercise Program For The Prevention & Treatment Of Back Pain, Osteoporosis And The Postural Changes Of Aging, 2nd Edition



Synopsis

An exercise program for the prevention & treatment of back pain, osteoporosis and the postural changes of aging.

Book Information

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Best Sellers Rank: #29,452 in Books (See Top 100 in Books) #4 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis](#) #11 in [Books > Politics & Social Sciences > Social Sciences > Gerontology](#) #16 in [Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Surgery > General](#)

Customer Reviews

I have been using Sara Meeks's original edition of Walk Tall for many many years, and found it so helpful. I have to say though that the new edition is much better. There are way more exercises and types of exercise, and there is lots of helpful, sensible, down to earth information about osteoporosis. The exercises start out so simple that practically anyone can do them, and yet after doing these exercises I feel so much stronger, straighter (!!!!) and am filled with energy. I usually spend 15-30 minutes each morning, and find there is enough variety that I can do different things on different days, which makes it much more fun. After exercising I feel as though my body just floats upward by itself - standing straighter feels so good! I love the balance and walking exercises - am finding that I can walk farther than I have in years. Also there are exercises with resistance bands, foam roller, etc. etc. All good! According to my physical therapist, Sara Meeks is a real authority in this area (osteoporosis) and I intend to stick with and grow with this exercise program to help maintain my posture, strength and (hopefully) bone density as the years go by - and hopefully without drugs. Well worth every penny!

I have a few books on exercises for osteoporosis and this one is the best. Well worth the money.

Please do not be fooled by the simplicity of this book. It is a most concise compilation of the newest facts regarding Osteoporosis and I can only wish that doctors would be humble enough to learn. The directions and drawings are so very clear that anyone can improve their life with this knowledge, but like most things of this ilk, you must do them on a regular basis. I now look upon the simplicity as a joy and an incentive to do a little each day. Life has already improved. Thank you Sara Meeks. I will close with a brief reminder that people of ALL AGES and genders can improve their lives with this information. It's not for the elderly alone. It's not for someone you know, it's for YOU.

I bought this book on the advice of a PT therapist. She had lent me an older edition which I found very easy to use with very easy-to-follow instructions. The new edition is just as useful. The book is spiral bound, so it is easy to keep it open to the right page. The illustrations are clear and big enough to see if even they are slightly away from you. I am slowly working my way through the book. Some of the exercises are too difficult right now unfortunately. This book is definitely a "keeper".

This is an easy to follow, thorough book for anyone who has osteoporosis, neck/back pain, poor posture, or just cares about keeping their body in good form and health. My physical therapist recommended it as I strive to strengthen my spine, sleep better, walk taller and feel better. I do have osteoporosis and was diagnosed at age 49, but my husband who suffers from migraines is using it to improve spinal alignment/posture, etc. to lessen the event of migraine headache. The pictures are very easy to mimic in this great little book so it is easy to follow. You do not need any special equipment-----just yourself and this book!

The future of my back was already determined by my doctors. The back pain as a result of Osteoporosis had changed my physical back. I did all I could with therapy and medication, with little avail. One day a therapist told me to buy the book. My situation changed dramatically. The book became my journey to a better posture and a reduction in back pain. It is easy to follow, illustrations that are friendly and examples one can be followed. I recommend this book to all women.

this book is an excellent resource for building/rebuilding strong bones in the back. It has great exercises -- quite a variety with pictures to help you do them right. It was recommended to me by a physical therapist who said it was a textbook for her, and the best she had seen on osteoporosis

treatment.

An excellent book for me, as I'm trying to recover from serious spine surgery and I'm 58 years old. I have enjoyed exceptional flexibility all my life until my surgery. This book is helping me to properly get some of that flexibility back, without overextending myself in the process, given my age. I would recommend it for anyone who is interested in keeping or developing a healthy back. I don't have osteoporosis, but it came highly recommended to me from friends who do.

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