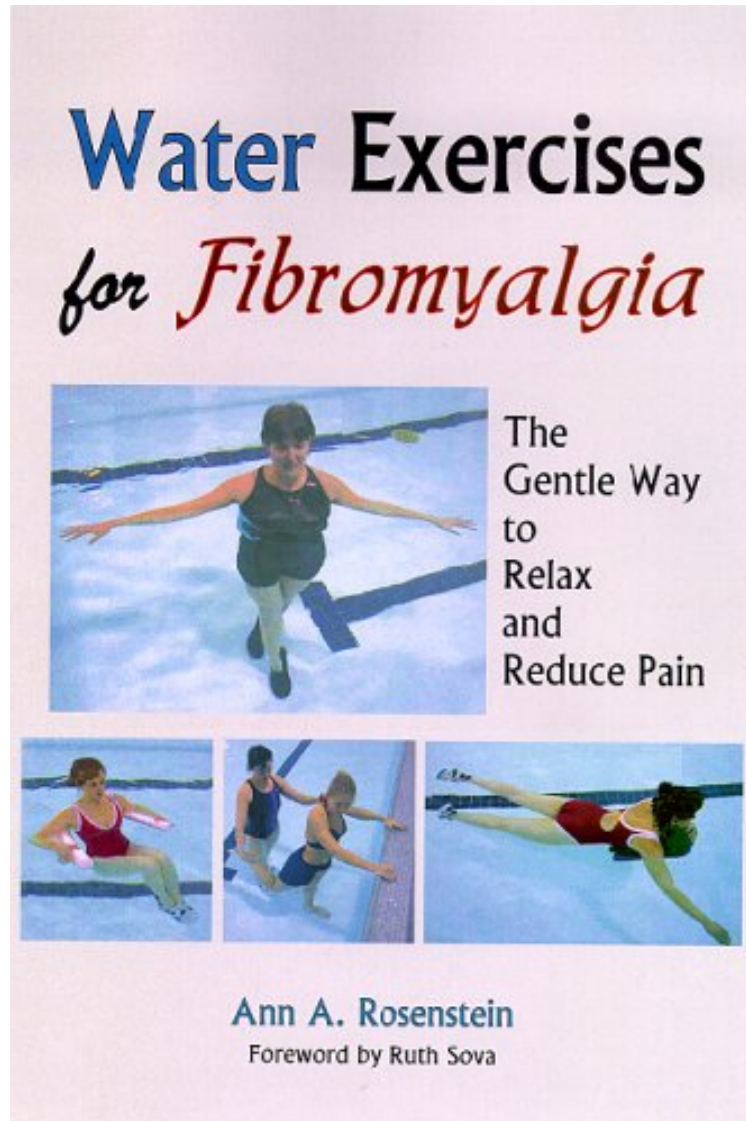


Water Exercises for Fibromyalgia: The Gentle Way to Relax And Reduce Pain

Ann A. Rosenstein

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#530200 in Books Ann A Rosenstein 2006-03-03Original language:EnglishPDF # 1 8.98 x .68 x 6.101, .89 #File Name: 188288356X285 pagesWater Exercises for Fibromyalgia The Gentle Way to Relax and Reduce Pain | File size: 29.Mb

Ann A. Rosenstein : Water Exercises for Fibromyalgia: The Gentle Way to Relax And Reduce Pain before purchasing it in order to gage whether or not it would be worth my time, and all praised Water Exercises for Fibromyalgia: The Gentle Way to Relax And Reduce Pain:

4 of 4 people found the following review helpful. GOOD FOR ALL PEOPLE TO USEBy I was created by my Native

American, Welsh English folk
Produced in 2006 this book is very well written and shows clear pictures with clear explanations of each movement in an exercise. The only thing missing is a small but significant issue. How to count the exercise repetitions. Healthy/young/and out of the pool trainers tend to count too fast causing the folks in the pool to rush through each movement. Most people in these classes are not healthy and may also be elderly. Rushing them through repetitions causes pain and may cause muscle pulls and worse. Every book I have reviewed so far does not take this factor into account but I have been an active pool exerciser for 10 years and am very familiar with the issue. Other than that the book is absolutely comprehensive. I highly recommend it. 13 of 13 people found the following review helpful. Absolute must buy for water exercises for Fibro!
By Michelle Noble
Water Exercises for Fibromyalgia: The Gentle Way to Relax And Reduce Pain
I bought this book for different ideas to add to the ones already given to my program by my physical therapist. I absolutely love this book. It explains why you do certain exercises and what muscle groups you are working on. It also explains why you want to work out the opposite muscle groups, and then it gives you the exercises. It also has equipment suggestions and much more. I think that this book is a must for beginners and people who have been doing water exercises for a while as a refresher.
Michelle 0 of 0 people found the following review helpful. Four Stars
By Nana
Good exercises, but unfortunately nothing new for me

A richly illustrated book with all of the elements that go into a water exercise program appropriate for fibromyalgia: Equipment, warm-ups, stretching, aerobic exercises, strength exercises, balance exercises, exercises focusing on the abdominals, neck exercises, cool downs. Also included is a wealth of up-to-date information on medications, vitamins and minerals, herbs, diet, and nutrition, and working with an exercise companion.

About the Author
Ann Rosenstein has been a water and land fitness instructor since 1989 with certification from the Aquatic Exercise Association (AEA), Aerobics and Fitness Association (AFAA), LIFT, Schwinn Cycling, and the Physicalmind Institute. Besides authoring Water Exercises for Fibromyalgia, Ann has written Water Exercises for Parkinson's, Osteoarthritis, and rheumatoid arthritis. Ann's Diet Fitness Diva blog has a wealth of information about diet and fitness.