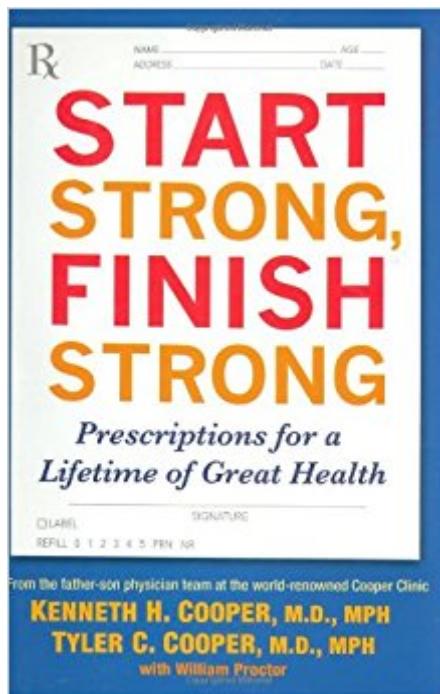


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# Start Strong, Finish Strong



## Synopsis

For many people, growing old means gradually slowing down-losing strength, balance, and even mental clarity. But is this physical decline inevitable? "Absolutely not!" say the Coopers. Start Strong, Finish Strong is about living the life we all want-now and as we age. It's about breaking free from chronic pain and nagging injuries. It's about refusing to give up the activities we love and discovering new ones along the way. Dr. Kenneth H. Cooper, the "father of aerobics" and the world's leading authority on preventive medicine, joins forces with his son, Dr. Tyler C. Cooper. Together they give readers the tools to start strong and finish strong. Exercise is the primary way to keep our bodies strong, flexible, and vital, so it's obviously a centerpiece to the plan. Other equally important components include the Coopers' unique "gold-standard" annual medical exams that can pinpoint potential health problems before they get out of control; good food in healthy portions; a strategic approach to supplements; help with bad habits like smoking and substance abuse; and a well-developed mind-spirit practice. Readers who follow Dr. Ken and Dr. Tyler Cooper's individualized, adjustable program can expect to feel younger with each passing year. The Coopers' simple, intergenerational strategy for starting and finishing strong tackles obstacles that interfere with true fitness, gets to the root of common excuses, helps readers to identify special motivational "buttons" that will make them feel good as they get in shape, and explores the latest science that can enhance personal progress. Along the way, the Coopers bring their years of experience to readers with engaging case studies and stories.

## Book Information

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## Customer Reviews

Ã¢ It is heartening to see this father/son team have such a concern for our nationÃ¢ â„¢s health. Pick it up, read it, apply itÃ¢ â• your life will change for the better."Ã¢ â• Jim Ryun, former world record holder in the mile Ã¢ â•Start Strong, Finish Strong provides a practical, comprehensive guide to diet and exercise, and more important, a lifestyle that will make you feel better, look better, and live a longer and more enjoyable life.Ã¢ â•Ã¢ â• Michael Johnson, five-time Olympic Gold Medalist Ã¢ â•For less than the cost of your insurance copay or a bottle of good vitamins, this book will help you have years of stronger, healthier, and happier living as you gain physical, mental, emotional, and spiritual strength.Ã¢ â•Ã¢ â• Mike Huckabee, former governor of Arkansas and author of *Quit Digging Your Grave with a Knife and Fork* --This text refers to an out of print or unavailable edition of this title.

Kenneth H. Cooper, M.D., MPH, is widely recognized as the world's leading authority on preventive medicine and as the man who started a worldwide fitness revolution with his international bestseller *Aerobics*. Now in his seventies, Dr. Ken Cooper is a testament to the benefits of lifelong fitness, remaining an avid skier and competitive race-walker. In addition to his work at the world-renowned Cooper Clinic and Cooper Aerobics Center in Dallas, he is a nationally syndicated radio talk-show host and spokesperson for the "no trans fat" movement. The Coopers' research arm, the Cooper Institute, continues its work investigating how preventive medicine can help us lead longer, healthier lives. Tyler C. Cooper, M.D., MPH, is a graduate of the University of Texas Medical School, San Antonio, and the Harvard School of Public Health. He is a preventive medicine specialist, an athlete, and the founder of Cooper Ventures, which strives to help people incorporate healthy living into every aspect of their lives. Doctors Ken and Tyler Cooper both live in Dallas. William Proctor has worked on twelve books with Dr. Ken Cooper, including the New York Times bestseller *Controlling Cholesterol* and *Controlling Cholesterol the Natural Way*.

Cooper has moved on from merely promoting running, to a more rounded approach. Not many people realise how significant resistance exercise is, and fewer how important healthy eating is to a good life. I enjoyed the book, even though I thought the section on resistance exercise needed more work. All in all, the book lives up to its title and provides an excellent prescription for health. Martin

My doctor told me last spring that I had to start exercising and eating a little more sensibly. I dawdled for a while, and then decided to order a couple of books to see if they would help. I got a

book by Dr. Weil, and also Start Strong, Finish Strong. Both books are exceptional, and they did the trick. I'm 63 and I could follow the recommendations easily. Good common sense stuff in this book. Nothing faddish. I like what the Cooper's are saying, and I've been heeding their advice for a couple of months now. My physical is in early February, and I'm not worried about it. :-)

I have purchased many books all through the years by Dr. Cooper the "Father of Aerobics".....this one provides some good information for one who needs a good source of information from a Doctor who knows what he is talking about and not just interested in selling his "new found" miracle stuff.

WOULD LIKE TO NOTE THAT I RECEIVED A VED EARLY AND ER THAN FIRST ANNOUNCED.SATISFIED. WRAPPING IN GOOD CONDITION. . THANK YOU

It's helpful

I've been using aerobic books by doctor Cooper since college in 1970. Since my most recent book was a couple of decades old I thought an update was appropriate. I didn't find hardly anything new in this version. The little bit that was new wasn't very useful since plenty of other sources covered this information much better. Surprising how little they appear to have learned in the last two decades.

I became acquainted with Dr. Cooper from his original book "Aerobics", the result of his research in fitness measurement and maintenance for the U.S. military. He devised his "Cooper Point System" for fitness. I followed it as a cadet and resumed using it when I decided I needed to lose weight. 85lbs in 8 months, and I credit the original book. I discovered this book most of the way through my weight-loss effort and immediately shared it with friends who were interested. To be clear, it isn't a weight loss book. It's a fitness book. But the roads to fitness and weight-loss and management run in parallel. A great read and more elaborate presentation of his original work and subsequent research.

Dr. Cooper has made and continues to make an incredible contribution to the collective body of intelligence on health and aging. It's just too bad so many adults choose to ignore his scientifically proven prescription for longevity and health. He's the "Father of Aerobics", but his true legacy will be the contribution he's making now for the next generation of Americans - our children - who are

plagued with epidemic levels of obesity and associated poor fitness and health. For the first time since data have been kept on the topic, the projection on longevity is that it will actually decline - and decline significantly - in the U.S. in the next generation unless the trend in childhood obesity is reversed. Thank God Dr. Cooper turned down the invitation to become the U.S. Surgeon General in 2006 and began, instead, to focus on the problem at the state level in Texas where some progress can actually be made. As for this book, everything you need to know about living longer is there. The one thing it cannot teach you is the discipline to actually live the program. No book can do that.

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