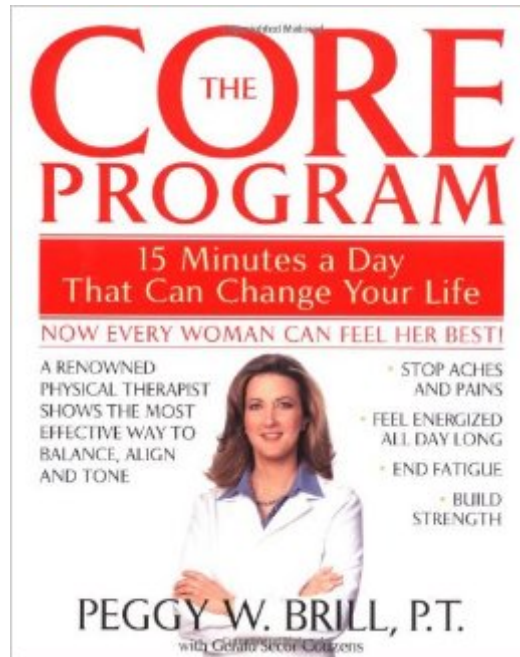


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# The Core Program: 15 Minutes A Day That Can Change Your Life



## Synopsis

Introducing the fitness program designed by a physical therapist exclusively for women – proven to increase strength, tone muscles and reduce aches and pains in just 15 minutes a day! Few women realize that most popular fitness regimens are designed for men. Yet women have their own unique fitness needs – and using a program developed with men's bodies in mind is not only ineffective, but can actually result in injury. Renowned physical therapist Peggy Brill has devoted her life to developing an exercise program specifically for women. Based on her understanding of movement dynamics and body structure, these exercises focus on developing and balancing the muscles in the anatomical center of the body – the core – which includes the back, hip and abdominal muscles. Peggy's remarkable head-to-toe workout targets the "hot spot" areas – neck, back, pelvis, hips, knees – that cause problems for even the healthiest women. In just 15 minutes a day, The Core Program's easy-to-learn exercises will help women:

- Strengthen their bodies to achieve balance and alignment
- Eliminate everyday aches and pains
- Prevent bone loss
- Protect against osteoarthritis
- Improve sleep, digestion and circulation
- Enjoy better sex
- Feel energized all day long
- Overcome the effects of aging

With inspirational case histories, detailed photographs illustrating each exercise and self-tests for rating balance, flexibility and strength, The Core Program is an owner's manual for the naturally strong, healthy body every woman should have.

## Book Information

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## Customer Reviews

Wow! I can't believe how much better I feel after only three weeks. When I was growing up, my dad

was always pulling my shoulders back and telling me to sit up straight. After the first week of the Core, three co-workers complimented me on my posture. Two of them are now reading the book. There are clear instructions and good photographs of each exercise. I had to refer to the book the first two or three times I performed the program (which was annoying), but quickly got the hang of it without referring back to the book. There are modifications for every exercise to match your current abilities. Just so you know, I'm not athletic, small thing. I'm 30 lbs overweight and was not exercising at all before I began this program. After the second week, I started on the next level, the Intermediate Core. The third and final level is the Ultimate Core with progressively 'harder' exercises. For those who know yoga, Peggy Brill recommends and shows the moves for the sun salutation. For those not familiar with yoga, don't be afraid. Peggy explains her life experience and physical therapy training. She talks about injuries: how to avoid them, and how to recuperate from them. She walks you through a self-test to determine your own core areas of weakness. One of the last chapters covers weight training (free weights and gym equipment). My only complaint about that chapter was that she did not include alternatives to using gym equipment. She, ever so briefly, recommends healthy eating, sleeping positions, sitting posture, and the standard 20-30 min 3x/wk cardiovascular workout. One thing that I noted right away with her introduction was that she didn't say you "should" or "might" feel better, but that you "will" feel better.

If it has, it's because your core has gotten weak. Every person my age has something going wrong with their hips, back, neck, shoulders, knees, ankles, or feet - all problems that are addressed and helped with this quick, easy exercise routine. It's a no-brainer. At our age, the spinal and deep tummy muscles necessary for keeping us upright - the core - have gotten weak, and when that happens, fragility and instability starting at the core radiate out to the rest of the musculoskeletal system. These simple exercises wake up those sleepy core muscles in a big hurry, going to the very root of all the other problems. After a few weeks of doing this program, it's likely you will feel like a totally different person. I thought I was doing everything right: I was doing yoga, walking a lot, swimming, and lifting weights at the gym. But I never felt any better. And it was because the core muscles were not being targeted. I would have had no idea how to target them if it weren't for this great book and Peggy's short list of exercises. And my favorite thing: they're all done lying down! The exercises are challenging at first - think a mixture of isometrics, yoga, and pilates - but there are so few repetitions and it's over so quickly that you don't mind. It is a surprisingly effective program for being relatively easy as it is. There are three sets of exercises at increasing levels of difficulty, to accommodate your increasing strength. The author gives a lot of information about how

to do them properly, and lots of tips, so be prepared to spend a little time reading first. The book is written for women, but I think it can benefit men just as much.

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