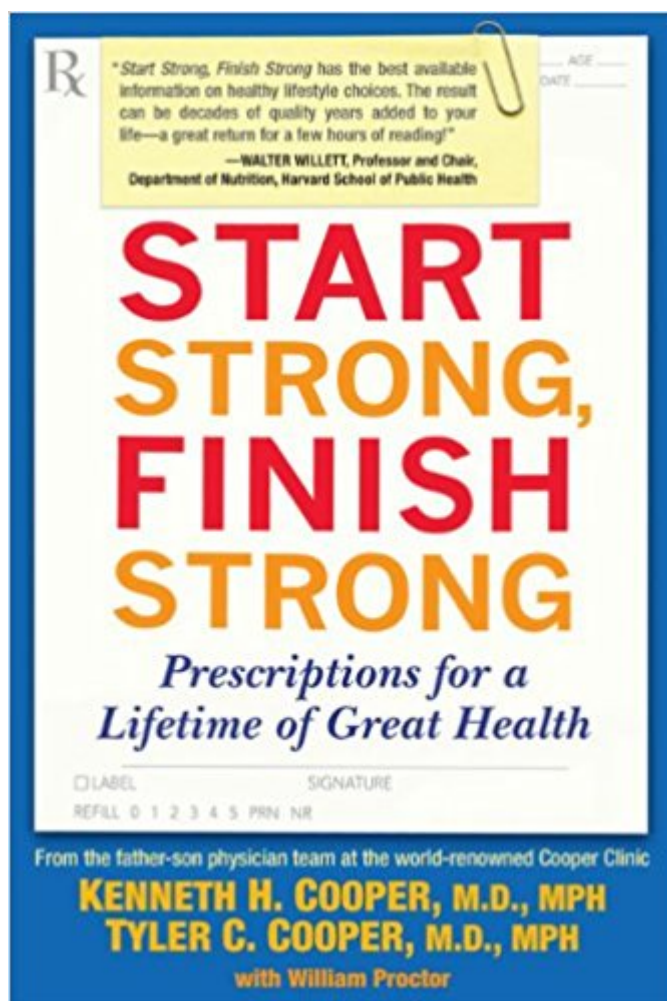


The book was found

Start Strong, Finish Strong: Prescriptions For A Lifetime Of Great Health



Synopsis

The ultimate health program for those who want to live longer, healthier lives. Start Strong, Finish Strong means living the life we all want?now and as we age. It means a healthy heart, strong bones, and a quick mind. It means feeling great and looking younger than you did five years ago. It means making small but significant changes to your lifestyle that will revolutionize your life. With dynamite father/son combo Dr. Ken and Dr. Cooper, you?ll learn how to: Â Add at least three years to your life Â Prevent age-related mental decline by 10 percent Annually Â Live without even minimal physical disability for seven extra years Â Reduce the risk of dying from coronary disease by 33 percent, and the risk of dying from cancer by 24 percent Blast off to a strong start to getting your life in gear with the Coopers and finish strong with a healthy heart and mind.

Book Information

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Customer Reviews

â •It is heartening to see this father/son team have such a concern for our nationâ™s health. Pick it up, read it, apply itâ"your life will change for the better."â"Jim Ryun, former world record holder in the mileâ •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.â •â"Michael Johnson, five-time Olympic Gold Medalistâ •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.â •â"Mike Huckabee, former governor of Arkansas and author of Quit Digging Your Grave with a Knife and Fork

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 Coopers 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 EARLIER 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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