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The Fitness Instinct

K Morrison



The Fitness Instinct:

The Fitness Instinct Peg Jordan, 1999 The Fitness Instinct represents the most significant breakthrough in fitness theory in decades Written for all those who have been scared off intimidated overwhelmed or confused by the high science approach to fitness this book offers a whole new way to get the exercise you need Peg Jordan has put more than two decades of research and experience into an 11 step program that is already shaking up the fitness industry *Fitness Instinct* Peg Jordan, R.N., 2001-01-01 Jordan called one of a rare breed of futurists for health and fitness by Newsweek explains how readers already have everything they need to get healthy the fitness instinct Photos illustrations **The Fitness Instinct** Peg Jordan, 2000-10 Glistening hard bodies strut their stuff on magazine covers billboards and television shows writes Peg Jordan Every time we stare our shoulders slump our bellies feel soft and we grow a little more disappointed thinking that fitness is something that's beyond our reach What a mess Of course we don't realize that the gorgeous photo of that fitness celebrity is the result of 1 000 worth of airbrushing Jordan respected fitness expert and editor of American Fitness magazine set out to discover why 80 percent of us don't exercise and what works to get us moving Jordan interviewed 400 formerly inactive people who had become active She also studied both current research and movement styles of ancient cultures In *The Fitness Instinct* she puts it all together with an innovative 11 step method to get you exercising and loving it The point is not to force yourself to do the trendy exercise of the day or join the flashy gym downtown in fact not to force yourself at all but rather to tap into your seventh sense your natural instinct for movement which once awakened will guide your every stretch run jump dance pushup and crunch and help you develop your own personalized program of holistic fitness A tall order but Jordan delivers what others only promise Your movement choices have to match your personality for example and she shows you how to figure out whether you're a racer stroller dancer or trekker and then which kinds of movement and times of day are best for you Besides the big picture of finding the exerciser within you Jordan addresses how to avoid being scammed by product promises myths and quick fixes Joan Price **Thousands who Thought They Never Could Have Found Their Fitness Instinct**, 2005 Topics How finding your fitness personality can make exercising easy Why 30 minutes of daily movement just won't cut it Which personality type are you Stroller Racer Dancer or Trekker Tips that will motivate you to begin exercising How the ice cream shop and exercise can actually go hand in hand How to Move like a Child and keep your range of motion How strength training helps osteoporosis prevention Eastern energy systems build energy and protect your immune system NIA Yoga Salsa and several other great aerobic workouts Why swimming will not take the weight off but walking will Advantages of ellipticals as exercise machines for your home Why steppers and Stairmasters can be big stressors Discover the dangers of over exercising *The Social Philosophy of Instinct* Charles Conant Josey, 1922 **Instinct** Luther Lee Bernard, 1924 **Creative Fitness** Henry B. Biller, 2002-05-30 Biller integrates research about exercise nutrition and health within an applied developmental psychological framework Readers are presented with ways of

making fitness an enjoyable and positive force in their daily lives Although a major focus is on how to get in shape Biller s primary mission is to encourage a healthy lifestyle that enriches self awareness and personal growth The goal is not just to facilitate physical fitness but to enhance overall life satisfaction The book s uniqueness accordingly lies in its ability to help individuals develop a creative playful approach to fitness in all spheres of their lives While some readers are just beginning to think about fitness because of a desire to lose weight and improve their appearance others are more interested in refining their athletic skills or achieving a greater balance in their daily activities Dedicated exercisers often are striving for new routines and ways to prevent burnout Many parents moreover are searching for activities to help their children as well as themselves become more fit Older individuals are especially likely to be concerned about staying healthy and avoiding physical dependence as they age Biller speaks to all these concerns and all these groups by providing an approach to getting in shape that enriches self understanding and mental vitality

Our Home Charles Edward Sargent,1883 The Instinct of Workmanship Thorstein Veblen,1914 The Role of Instinct in Social Philosophy Charles Conant Josey,1921

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