

## EXERCISE VIDEOS AND BOOKS

### **Gently Does It**

Exercise video consisting of two 30 minute tapes of gentle exercise to music with a high proportion of seated exercises; Produced by Take 3 for ROMPA, EXTEND and Islington Council. Available by post from [EXTEND Head Office](#): Price £16.50 incl. P&P. Extend teachers see Members page.

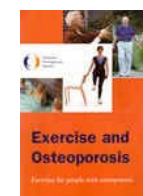


**Step to the Future Exercise Video and DVD Step to the Future** is a new programme of exercises from Help the Aged. Presented by Seona Ross, who celebrates her 90th birthday this year, and advised by postural stability experts Sheena Gawler and Susie Dinan, this programme of aerobic endurance and strength exercises is designed to keep older people active into later life. The DVD is also available in Hindi. The VHS and DVD is available to order through Help the Aged Home Shopping 0870 7700441 for £12 each (plus p&p). Quote product codes N2701 (VHS) or N2702 (DVD) or click on the picture to order by the internet.



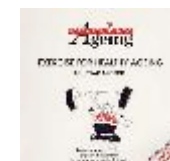
### **Exercise and Osteoporosis**

Exercise for people with osteoporosis. Obtainable from: -  
National Osteoporosis Society  
PO Box 10  
Radstock Bath BA3 3YB  
Tel: 01761 471 771  
Email: [info@nos.org.uk](mailto:info@nos.org.uk)  
Website: <http://www.nos.org.uk/>



### **Exercise for Healthy Ageing**

Dawn Skelton.  
Available for a suggested donation of £5 through Research Into Ageing  
Tel: +44 (0)20 7843 1550. ISBN 0-9525326-1-1  
Website: <http://www.ageing.org>



### **Strength Training Past 50**

Wayne Westcott and Thomas Baechle.  
Human Kinetics Books. ISBN 0-88011-716-8.  
Website: <http://www.humankinetics.com>



### **Tai Chi in a Chair**

Cynthia Quarta.  
Fair Winds Press. ISBN - 1-931412-60-X  
Easy 15 minute routines for beginners. Available in good  
book shops and on  
Webiste: <http://www.rockpub.com/fairwinds>



### **How to Thrive Past 55**

Hilary Todd  
What science tells us about ageing well  
Research Into Ageing  
Tel: +44 (0)20 7843 1550. ISBN 0-905852-76-1  
Website: <http://www.ageing.org>



### **Golden Ball Tai Chi Video**

Master Lam Kam Chuen  
The Gentle way to health and well-being  
Published by The Lam Associates 2002 ISBN 0-9543084-0-9  
Available from Jane Ward, Flat 4, 53 Tollington Park, London N4 3QP  
E-mail: [janeward@gn.apc.org](mailto:janeward@gn.apc.org)



**Canadian Home Exercise Programme.** Older adults can stay home and exercise - home support exercise programme.

[Click on the image opposite to download the leaflet.](#)

The leaflet is in pdf format and requires Adobe Acrobat Reader.

Website: <http://www.uwo.ca/actage>



### **Alive and Kicking**

Julie Sobczak. (chapters by Susie Dinan and Piers Simey)

Available from Age Concern Tel +44 (0)20 8765 7200

ISBN 0-86242-289-2

Website: <http://www.ageconcern.org.uk>



### **Functional Fitness for Older Adults** Patricia A Brill.

An illustrated guide for professionals working with older adults over the age of 65, especially those who have a reduced quality of life and are unable to complete daily activities due to poor functional fitness levels. Specific guidelines are included for working with older adults with arthritis, chronic obstructive pulmonary disease, depression, diabetes, heart disease, hypertension, osteoporosis and stroke. ISBN: 0736046569

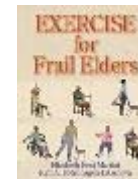
Available from at <http://www.humankinetics.com>



### **Exercise for Frail Elders** Betsy Best-Martini, Kim Botenhagen-DiGenova

Designing an exercise programme as part of either a general recreation, restorative or rehabilitation programme. It is a practical reference for instructors working with seniors, the frail elderly and other special adult populations. Each exercise has photos and safety tips as well as variation and progression options that will enable you to be creative and flexible with your fitness programme and meet a diverse range of participant needs

ISBN: 0736036873 Available from at <http://www.humankinetics.com>



### **Be Strong, Be Steady** Strength and balance exercises for healthy ageing by Help the Aged.

This video contains a programme of chair-based and standing exercises devised specifically for older people. The programme is introduced by people who describe the important role exercise plays in their lives. Each exercise is demonstrated by a specialist and then performed in real time by older people. For details of how to obtain this video and other resources, please visit

[www.helptheaged.org.uk/](http://www.helptheaged.org.uk/)



**Older People Learning - Myths and Realities:** Alex Withnall with Veronica McGivney and Jim Soulsby. ISBN 1 86201 1915, October 2004 £12.95.

The book is aimed at people who may want to offer learning/training opportunities to older people, and tries to dispel myths about older learners, and to give advice on how to create better and different types of learning. It is also helpful to people who work with older people and who can help encourage older people to access opportunities and to engage more fully as it tackles stereotypes and gives examples of good practice that is currently being offered to engage older learners. It can also be of interest to older people themselves as a source of discussion so they can dispel their own misconceptions.

Available from NIACE, 21 De Montfort Street, Leicester LE1 7GE

Tel: 0116 204 4216 Fax: 0116 204 4276

for other titles or to order this book you can also visit the NIACE website

[www.niace.org.uk/publications/O/OlderPeople.htm](http://www.niace.org.uk/publications/O/OlderPeople.htm)

