

# **STRENGTH TRAINING FOR THE OVER 50S: STAY FIT AND FABULOUS BY D.CRIS CAIVANO**



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## **About the Author**

Christine Caivano is a movement therapist and educator. Originally a dancer she taught Jazz dance to adults while also choreographing and performing. she became intrigued by the needs and potential of her adult students, so decided to re-focus her work, studying dance therapy in London, continuing her research in anatomy, kinesiology, and education, and recieveing an M.A in dance education from Columbia Unitiversity. After creating dance/ movement therapy programs at two psychiatric hospitals in Sacramento, she them returned to New York City, where she developed her current movement therapy/exercise education practice, specializing in 50 - 95 year olds. Over 30 years of experience and study have given her a personal, eclectic, move , look, and feel once they understand how to do it.

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Statically we will live longer than our ancestors - and some of us are beginning new careers and even new families at an age when our progenitors were sliding into peaceful retirement! By following the exercises, tips and suggestions in "Strength Training Over 50" you will achieve results and begin to look and feel fabulous. By following these proper techniques learn how to grow your own beautiful, strong muscles, thus slowing the apparent and biological age of your body. As your muscles grow stronger you will notice a marked increase in your energy level, your self-confidence and your independence.

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