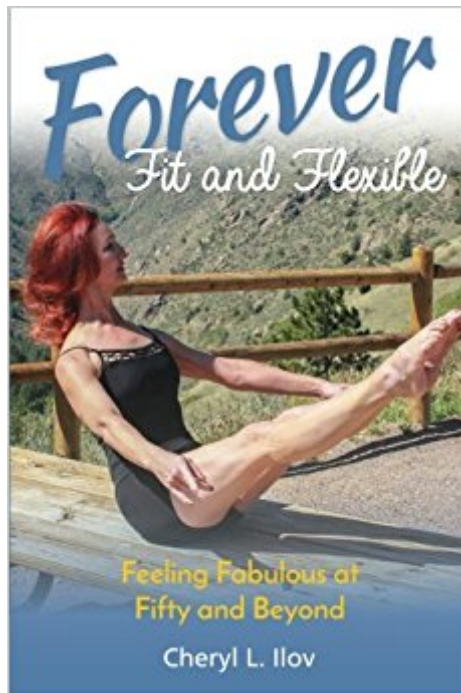




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Forever Fit And Flexible: Feeling Fabulous At Fifty And Beyond



Synopsis

"...Ilov has anÂ engaging style and much to offer....Forever Fit and FlexibleÂ is a well written, thorough guide to healthy living that willÂ be enjoyed by a wide spectrum of readers looking for the same."Â --Blue Ink Review Â Â Do you believe getting older means losing health and vitality?Here is your path to feeling youthful and vibrant. Imagine starting each day with a spring in your step. Envision liking what you see in the full-length mirror before you get dressed. Now visualize that you can engage in any activity with strength, grace, and confidence. In Forever Fit and Flexible Cheryl Ilov provides a program that will help you create this and more. Her movement lessons provide the building blocks to better posture, core strength, flexibility, balance, and functional strength. As you develop a solid physical foundation, you will also:Â Â Â * eliminate chronic painÂ Â Â * improve injury-related mobility issues Â Â Â * experience increased energyÂ Â Â * develop mindful self-awareness and a positive mindsetÂ Â Â * ... and much more!Cheryl Ilov combined her extensive training in Pilates, Feldenkrais, martial arts, and ballet with her MS degree in physical therapy to create this advanced movement program. It was through her personal experience of chronic pain, fatigue, and injuries that she perfected her program and is now dedicated to helping others achieve the best quality of life possible, regardless of age or current level of function. Forever Fit and Flexible offers you the possibility of living with a new sense of energy and vitality as you move into your fifties, sixties, seventies, and beyond. Once you get moving, youâll want to keep moving.

Book Information

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Customer Reviews

"...Ilov has anÂ engaging style and much to offer....Forever Fit and FlexibleÂ is a well written, thorough guide to healthy living that willÂ be enjoyed by a wide spectrum of readers looking for the same." --Blue Ink Review"...an inspiring, well-articulated approach." --Kirkus Reviews

Cheryl Ilov has always been drawn to health and wellness, the biological sciences, and movement arts, including classical ballet. She began her professional life as a respiratory therapist, and after seventeen years of practice, she returned to school and earned her master's degree in physical therapy in 1996. Cheryl discovered The Pilates Method in 1983, and once she began working as a physical therapist, she made the connection that Pilates presented a wonderful tool to help people of all ages recover from injuries and illnesses. She immediately began applying the principles of Pilates to her patients to improve their quality of life and level of function. In 1999, she founded Ilov Integrated Arts, specializing in Pilates-based rehabilitation. Cheryl had her first experience with The Feldenkrais Method® in 2000. She began the required four-year training program to become a Feldenkrais practitioner in February 2006 and graduated in November 2009. During Cheryl's remarkable journey of learning, healing, and self-discovery, she also discovered a martial art called Ninpo Tai Jutsu. She fell in love with the art and the training as well as the powerful connection between Feldenkrais and martial arts and their incredible healing power. Cheryl has dedicated her life to helping others achieve the best quality of life possible. Having personally experienced the anxiety of dealing with chronic pain, stress, and fatigue, she also understands the frustration of feeling out of control, gaining weight, and struggling to find a healthy, effective way to recover after devastating injuries. Cheryl has integrated her education, experience, and expertise to develop a program for people, regardless of their age or current level of function. It is her firm belief that anyone can be fit, flexible, healthy, vibrant, and energetic in their fifties, sixties, seventies, and beyond.

I started working with Cheryl a month or so before this book came out because arthritis in both knees and traumatic arthritis in one ankle had severely limited my mobility. I am so impressed with the progress I have made working with her and I love having her wisdom written down in this lovely practical book. I have already greatly increased the flexibility of my ankle that I was supposed to have surgery on. I work on her principles off and on all day long in everything I do without feeling that I am exercising. I love how she blends the wisdom of different movement traditions in her teaching and encourages mindfulness to discover what works best for me. You would never guess watching her move that she had ever had severe chronic pain! The best thing about Cheryl is that

she brings hope that we don't have to live with limitations but can actually fix things on our own. This is a book that I am going to give as a gift to many of my friends and family.

I loved reading *Forever Fit and Flexible: Feeling Fabulous at Fifty and Beyond*. For me, health and fitness books don't always keep my attention, and, therefore I rarely follow any of their suggestions or recommend them to others. *Forever Fit and Flexible* is different...it kept my attention! It was easy to read and follow along. Cheryl's friendly writing style helped me to understand and relate to her experiences by explaining how she worked through her own physical pain with various movement techniques. The exercises in the book are practical exercises that can be done almost any where. And, many don't seem like exercises at all as you are moving with a purpose to become aware of how your body is responding to the movement. It is amazing that something so simple can make such a huge difference in how you feel!!

I'm so grateful to have worked with Cheryl for the past few years as I recovered from a serious accident and surgery. Her broad experience has helped me immensely and her methods are truly life changing. She focuses on possibilities rather than limitations. She understands pain and how to move past it. More importantly, she helped me feel empowered in my own healing. I am not yet 50 but I know I will be able to take the lessons I've learned from Cheryl and use them throughout the rest of my life. I highly recommend her book for others who want to rediscover their health.

Cheryl rocks! I have worked with Cheryl for over 2 years and she is a miracle worker. At the age of 52 I have learned that awareness is the key to getting back into shape and maintaining the hard work. I never really understood that before now! This book is easy to read, it's easy to follow the exercises, and motivational so you, the reader, can keep up the good work! Go ahead, check out how great your life can be well into your 60's, 70's, 80's and beyond. Buy it, it's worth every penny!

Ms. Ilov wrote a wonderful book here. It is a must read for all women and men as they grow from 50 and beyond, who experience physical pain in their daily lives. Her own personal experiences, coupled with her extensive training in a variety of fields involving movement and health, make her book interesting and thought provoking. Mostly, she provides many tools that can be used to help keep pain in check as we age.

Practical advice for maintaining flexibility and strength during the "orthopedic years".

Great book to help keep my older body fit.

Really love it. Just what I needed and I'm not even 50 yet!

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