

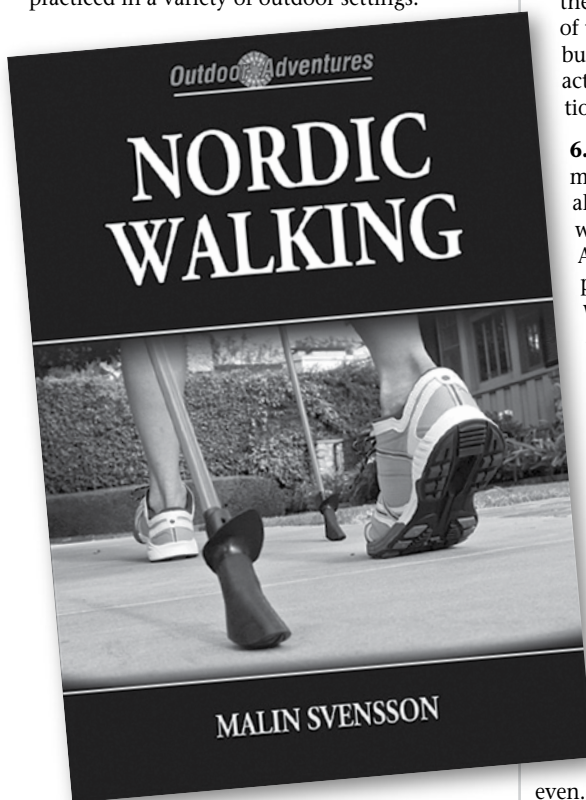
Books to Help you Towards Better Health

Nordic Walking

By Malin Svensson. Publisher: Human Kinetics; May 2009. ISBN-10: 0736077391

Think you know how to walk? DUH! But how about Nordic walking? There's a new book that helps you master this great way to get in shape.

Developed in Finland, Nordic walking incorporates specially designed poles and specific techniques to enhance the action of walking. It's an ideal low-impact cardio activity that can be practiced in a variety of outdoor settings.



Nordic Walking presents an easy three-step method for learning the basics so you can get started right away. The book provides information on walking correctly both with and without the poles to ensure an injury-free experience as well as using the poles correctly so that you can reap all the physical benefits of the activity. You'll also learn techniques for climbing and descending during your walk. Once you've mastered the basics, you will build your skills so you can move on to more challenging walks.

Nordic Walking offers information on fitness fundamentals, etiquette and safety considerations, and tips for selecting the correct gear and apparel. The book also provides a list of Web sites that will help you plan trips in the United States and around the world and find Nordic walking instructors, organizations, and events.

Here's an excerpt from the book that's a good start....

►10 technique tips for Nordic walking

Nordic walking is an enhancement of regular walking. Practice one step at a time while walking around indoors or outdoors. See how it feels, and be aware of it while out for a stroll.

- 1. Heel Strikes First**—When landing with the foot, make sure the heel lands first, more specifically with the center of the heel first. Walk around and see if it feels as though it is being done the right way. Focus on one foot at a time.
- 2. Rock and Roll Like a Rocker**—After landing with the heel, continue to roll onto the rest of the foot. Practice this rolling movement by first standing still: Rock back and forth from heel to toes like a rocking chair. It is fairly easy to hear feet that don't roll, especially with shoes on when going downhill. There is a slapping sound. Feet that roll are almost soundless. Try it and listen. Next time you have shoes on while walking down a hill, listen and decide whether your feet are slapping or are quiet. If sore shins are common, the slapping of the feet could be one cause.

- 3. Heel Comes Off the Ground**—While rolling onto the ball of the foot (base of the toes), the heel comes off the ground. Now walk around and feel the heel coming off. Concentrate on one foot only.

- 4. Push Off With the Ball of the Foot**—Then push the ball of the foot down and back into the ground. This push-off action propels the body forward. Walk around and feel how to push off with the base of the toes.

- 5. Activate the Buttocks**—At the same time the ball of the foot is pushed on, the bottom of the buttock is activated. Tighten only one buttock. Feel the connection between push-off action of the ball of the foot and the activation of the buttock of the same leg.

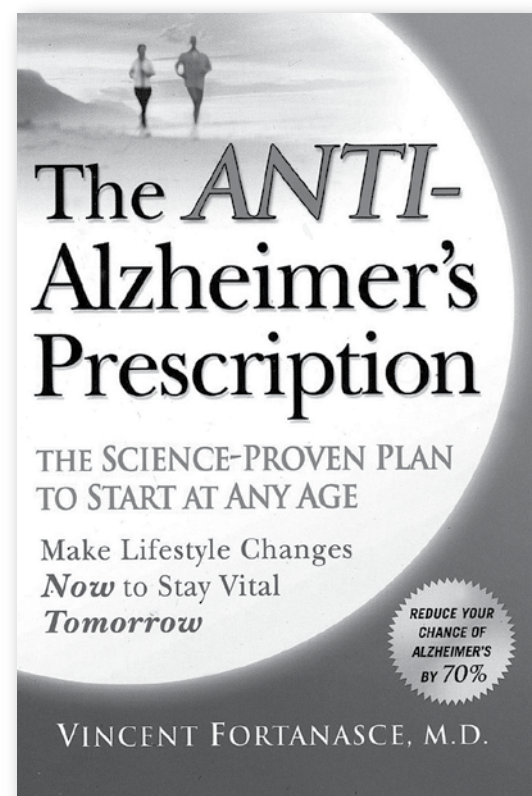
- 6. Fall (Lean) Forward**—While walking, make sure to lean forward as one unit. It feels almost as like the body is falling forward. The weight should be on the balls of the feet. Always keep that core activated in a neutral pelvic position to avoid any bending in the waist or rounding of the back while leaning forward. Walk around and see how it feels to lean forward as one unit. Does it feel as if speed is increasing? If so, this is correct.

- 7. Arm Meets Opposite Leg**—Start walking. After a few steps, glance down to see the left arm swinging forward. Next, observe what foot lands at the same time. Yes, the right foot lands at the same time the left arm swings forward. Basically, left arm meets right leg, and right arm meets left leg. This is the natural walking rhythm, and most people don't even think about it—it just happens naturally.

- 8. Use an Even and Straight Arm Swing**—When the arm and leg rhythm is mastered, make sure the arm swing is even. In other words, swing the arm as much forward as backward. This is hard to see on yourself unless somebody videotapes you from the side. One solution is to stand sideways in front of a mirror. Swing one arm and see if there is an even swing or if it mainly swings forward. Try to correct it and walk around with this awareness.

- 9. Slightly Twist the Rib Cage**—Stand still and place the hands around the rib cage, just below the chest. Keep the head and hips straight while softly turning the rib cage from right to left. Feel the twist (rotation). Focus on the solar plexus, where the axis of the rotation takes place.

Try maintaining this twisting movement while releasing the hands. Start walking and add this slight rotation to the walk. Don't slow down,



but keep a regular pace. A slight torso rotation to the left naturally moves the right arm forward. That also means that the opposite leg, in this case the left one, moves forward. Remember step 7: Arm meets opposite leg.

- 10. Walking in Balance**—It is very important to keep the core activated and the shoulder blades stabilized during the slight rotation. Divide the body into two parts: upper and lower. Their meeting place is in the solar plexus. Initiating movement from the inside from this meeting place creates an efficient way for the body to maintain balance while walking.

Malin Svensson is internationally recognized as one of the leading authorities on Nordic walking. She is certified as an international coach through the International Nordic Walking Association and is one of only four people, and the first female, to obtain this prestigious certification.

Stand by Her: A Breast Cancer Guide for Men

By John W. Anderson.

Publisher: AMACOM; October, 2009. ISBN-10: 0814413919

Attention men: If breast cancer strikes, she's going to need you like never before. And you're going to need help. Scared. Shocked. Depressed. These words describe the more than one million women worldwide who are diagnosed with breast cancer every year. But they also apply to the husbands, fathers, sons, brothers, and friends to whom cancer sufferers turn for support. *Stand by Her* is written to help these men be the very best supporters they can be, combining solid practical advice with emotional guidance—based both on the author's personal experience and his extensive research.

The book offers insight into medical, psychological, family, sexual, and financial issues such as interpreting and handling the initial diagnosis, making preparations for treatment, from finding doctors and hospitals to organizing family members into an effective team and advising her while recognizing that treatment decisions are hers and hers alone.

It can also show ways to maintain a sense of normalcy in everyday life and help family members and loved ones to prepare emotionally and practically when the prognosis is not good.

The book also provides a section of print, online, and other resources for patients and caregivers.

About the author: Anderson is an Emmy-nominated director for Lifetime Television's "Stop Breast Cancer for Life" campaign. He has helped his mother, wife, sister, and a close friend in their battles against breast cancer.

The Anti-Alzheimer's Prescription: The Science-Proven Plan to Start at Any Age

By Dr. Vincent Fortanasce. Publisher: Gotham; July, 2008. ISBN-10: 1592403794

It's the topic no one wants to deal with yet everyone knows they should...At least this book says there's hope in possibly avoiding it. Whatever you think of his advice, the suggestions are doable and would help with overall health.

Alzheimer's is pandemic among older adults worldwide, and as baby boomers age it promises to be the Great American

Epidemic of the 21st century. The book's focus is a program to lower your risk by "70%."

The author, Dr. Vincent Fortanasce, is a board-certified neurological rehabilitation specialist, trained in psychiatry at the Institute of Living, a Yale affiliate hospital, and is a bio-ethicist. He is also a clinical professor of neurology at the University of Southern California. Profits of *The Anti-Alzheimer's Prescription* will be donated to the charity: The Fighting Alzheimer's Fund.

►His "4-Step Anti-Alzheimer's Plan"

- 1. Diet**—Key Buzz Words: turmeric, soy, omega-3 fatty acids, berries, tomatoes, nuts, beans, green tea, resveratrol, fish, DHA, whole grains; avoid simple carbohydrates like refined starches and concentrated sugars; eat thirds of good fats (olives, flaxseed, nuts, avocado, cold water fish), lean protein, and complex carbs; eat on the low glycemic index—control your blood sugar; eat antioxidants which will improve your cognitive function.



A Breast Cancer Guide for Men

JOHN W. ANDERSON

- 2. Daily aerobics and anaerobics for the body and mind**—Exercise makes the brain bigger and better, increases the body's metabolic rate and muscle mass; exercise reduces stress, anxiety and depression (boosting mood), and stimulates neurotransmitter production. Includes flexibility stretches with how-to illustrations.

- 3. Daily neurobics to build the brain reserve—use your mind**; learn how we make and retrieve memories; parts of the brain and usage identified. "Patients with Alzheimer's may lose 3 to 5% of their brain volume per year." Neurobics means giving the brain a real workout every day.

Neurobics helps maintain mental capabilities. Examples: practice repetition of numbers, lists, routes, dance steps, word definitions; balance your checkbook, read subtitles of foreign films, play chess. The loss of smell begins at age 40 and could be the harbinger of Parkinson's and Alzheimer's.

- 4. Rest and recovery**—"uncontrollable chronic stress destroys the brain"—signs given; meditation, relaxation, prayer, coping skills, necessity of sleep, social circle strengthening, laughter, music, medication, elimination of stressors, forgiveness—"A study at Hope College in Michigan showed a 30% decrease in mortality in those who learn to forgive."

According to the author, Alzheimer's risk factors include obesity, hypertension, abnormal lipids, type-2 diabetes, chronic stress, sleep disorders and environmental factors. ♾