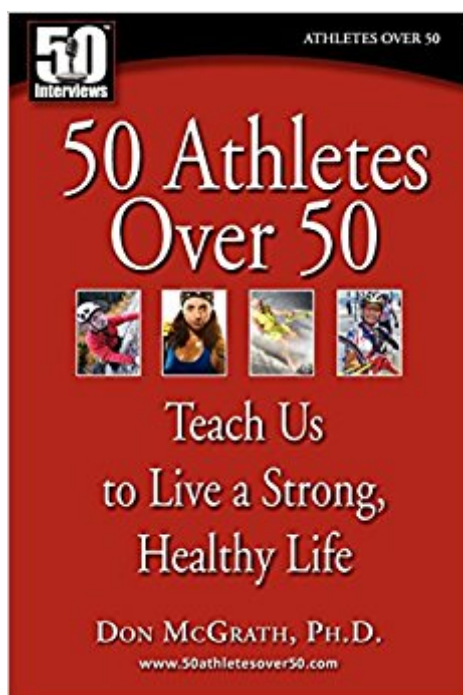


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# 50 Athletes Over 50: Teach Us To Live A Strong, Healthy Life



## Synopsis

DISCOVER HOW ATHLETES OVER 50 LEAD EXTRAORDINARY LIVES! What does it take to continue to participate in athletic activities and sustained exercise later in life? How does it differ from managing these activities when you are in your 20s or 30s? Do you wonder if, or when, you have to give up your physical activities? You will be intrigued and inspired by the answers to these questions from Don McGrath's book about 50 interviews of athletic people over 50 years old. True stories from his spectacular interviewees will inspire you like no others. Many of McGrath's subjects never imagined that they would be role models for exercise and good health. Still, by applying a common set of characteristics, they have broken remarkable mental and physical barriers to succeed. Peek into the lives of Linda Quirk who ran seven marathons on seven continents at age 55, and in 2010 plans to run across four of the world's largest deserts; Sandy Scott, 69, who broke a vertebrae at age 65 and four years later won a state cycling 20k championship; or 75-year-old veteran tap dance Gene GeBauer. With U.S. health concerns at the forefront, the athlete's way of life helps us to understand how to take responsibility for our well being. Lessons learned from these interviews can help us avoid doctors' offices, stave off diseases, and have more joy and contentment. In his final summary, McGrath examines the behaviors and attitudes necessary for all of us to have health and satisfaction through an active life. If you want to know the secrets of those who are still going strong in athletic activities in their later years, then this is the book for you.

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## Customer Reviews

Grady Harp's Don McGrath's book 50 ATHLETES OVER 50 TEACH US TO LIVE A STRONG, HEALTHY LIFE is that carrot in front of the nose manual that is sorely (!) needed. With the emphasis on youth and the job market focusing on youthful presentation, men and women at 50 and beyond can well benefit from this well written, encouraging examination of fitness. McGrath has obviously devoted a good part of his athletic life observing the spectrum of his comrades - from the energetic youths to the advanced years folks whose health and vigor an attitude towards life is profoundly influenced by exercise routines - or to put it more in keeping with this book's message, transforming the detrimental effects of gravity and cell laxity that accompany the passage of time by envisioning a healthy body and mind, finding a manner in which to raise the bar on endurance and regimentation of workouts, and loving the exhilaration that accompanies fitness of body and mind. Old Age, be gone!

Michael R. FaulconerAt some point after 50, no matter the degree of fitness and amount of exercise one does, changes will start to become obvious that are related to chronological age. Being 57 and in good shape, I had thought I was somewhat immune. However, in the past 2 years, I've endured a series of relatively minor injuries; not totally incapacitating, but nuisances and slow to heal.

Paula J. KeltnerDo you make excuses not to workout? Are you over weight? Has your doctor advised you to exercise? Is it too late?! Not by a long shot!! As author Don McGrath leads us through 50 interviews with 50 athletes over 50 we realize that it's never too late. Most importantly anyone can excel in sports regardless of age, gender, handicap or circumstances. These stories will inspire you to get off the couch and get moving. If you are currently exercising you will find yourself asking "Am I doing enough?" All of these athletes are competitive in their own ways. From 50-year-old former pro triathlete Gale Bernhardt who has turned her sights to mountain biking to "The Ultimate Over 50-Athlete -- Banana" George Blair, the 94-year-old water skier, you will see that anything is possible.

Thomas E. TudorIf you like feeling that a book really made an impact on your life, then you will love this book. I have read other inspiring stories in magazines over the years, but there is a way in these interviews that elevated my perspective in a profound way. I love the book, and think it's a worthwhile investment for any "senior" or someone who just wants to become a senior one day... Athlete or not, it is a great read.

VickiThink you're too old to have an active life after 50? Think again! The 50 athletes in this book will show you just how untrue that is. This book is full of helpful information, inspiration and hope to those that are starting to have trouble with their bodies working the way they want, and even to those who are past that point. The best thing you can do to prolong or prevent the aging process is to be active. It is never too late to get fit. The athletes in this book are truly amazing and will give you the motivation you need to get off that couch, put that bag

of chips down and MOVE. T. J. Konopka on "50 Athletes over 50 Teach Us to Live a Strong, Healthy Life" by Don McGrath, PhD is a great book. It has a wonderful format that quickly introduces readers to what it takes to be an older athlete mentally, physically, and emotionally. Then, it dives right into the excitement with the 50 athletes over 50. There are copious interviews that are written in a question-and-answer layout. Photos of the athletes are included, too, some of which are whimsically amusing. At the end of chapters, there are even questions for the reader to answer with spaces to write in. These questions serve as stepping stones for the reader to get more active and rekindle their inner athletic passions. What makes this book so great is that the 50 athletes are not all famous and well-known. Chances are the readers may have not even heard of one. Still, this makes the book more riveting as readers discover new stories that could be about them some day. Most of the athletes in this book do not do group sports, but the athletic endeavors will impress nonetheless. Athletes of all ages will enjoy this book.

Kevin L. Nenstiel As I face turning forty, I've wondered what I can do to maintain health, wellness, and productivity. Apparently so has Dr. Don McGrath. He matches his curiosity with his research skills and outdoorsmanship to investigate how athletes maintain their edge past half a century. Most important, McGrath and his subjects don't just focus on how to remain competitive; they explain how to live a fit, meaningful life.

James A. Davidson This book is jam-packed with useful information that will inspire any person, regardless of age, to maintain a great physical body. There is a wide range of sports or activities involved that are different from your typical sports jock. Here is a partial list: Distance Runner, Surfer, Outrigger Canoeist, Bodybuilder, Martial Artist, Triathlete, Mountain Unicyclist, Dancer, Rock Climber, Nordic Skier, Weight Lifter, Race Walker, Handball Player, Power Lifter, Snowshoe Racer and many more. Then there's "Banana" George Blair, who is still water skiing, barefoot, at the age of 94. George has set several records, including being the oldest person to ever barefoot water ski and also the first to ever water ski barefoot on all seven continents. This is a great book for anyone who would like to see the countless possibilities of either continuing a sport, either in competition or just to maintain fitness, and what it can do for you personally. The advice is simple. Consult your doctor, and if you want to lead a long and healthy life, get involved and stay involved in some type of regular exercise program. This book will show you and teach you why this is important. A lot of people think they are too old to start and that they are over the hill. The truth is, we can't be over the hill until we first make it to the top.

**DISCOVER HOW ATHLETES OVER 50 LEAD EXTRAORDINARY LIVES!** What does it take to continue to participate in athletic activities and sustained exercise later in life? Â How does it differ

from managing these activities when you are in your twenties or thirties? Do you wonder if, or when, you have to give up your physical activities? You will be intrigued and inspired by the answers to these questions found in Don McGrath's interviews of 50 athletic people over 50 years old. True stories from these spectacular athletes will inspire you like no others. Many of McGrath's subjects never imagined that they would be role models for exercise and good health. Still, by applying a common set of characteristics, they have broken remarkable mental and physical barriers to succeed. Peek into the lives of Linda Quirk, who ran seven marathons on seven continents at age 55, and in 2010 plans to run across four of the world's largest deserts; Sandy Scott, 69, who broke a vertebrae at age 65 and four years later won a state cycling 20K championship; or 75-year-old veteran tap dancer Gene GeBauer. With U.S. health concerns at the forefront, the athlete's way of life helps us to understand how to take responsibility for our well-being. Lessons learned from these interviews can help us avoid doctors' offices, stave off diseases, and have more joy and contentment. In his final summary, McGrath examines the behaviors and attitudes necessary for all of us to have health and satisfaction through an active life. If you want to know the secrets of those who are still going strong in athletic activities as they age, then this is the book for you.

While the individual stories are interesting the chapter regarding age related performance is informative and intriguing. The book includes information about organizations and events related to the 55 plus community. I was somewhat unaware of several of the organizations. The references are useful.

The book is a little "preachy" but fun to read and inspiring. I would like to have seen more stories of those beyond their fifties.

Lots of knowledge and Inspiration for us Oldsters...

Great book

As I face turning forty, I've wondered what I can do to maintain health, wellness, and productivity. Apparently so has Dr. Don McGrath. He matches his curiosity with his research skills and outdoorsmanship to investigate how athletes maintain their edge past half a century. Most important, McGrath and his subjects don't just focus on how to remain competitive; they explain how

to live a fit, meaningful life. Like many coaches, McGrath admits he started with a vision of fitness based on what spry young athletes need. But as he researched, he learned that the model coaches use on young competitors doesn't work in surmounting the challenges of age. He offers a new model, called "Dream It, Live It, Love It," though it is much more sophisticated than that. It requires making joy as others around you grow glum and sedentary. McGrath interviews cyclists, runners, swimmers, martial artists, bodybuilders, triathletes, climbers, a mountain unicyclist, a Paralympian, and a tap dancer. Ages range from fifty to ninety-five. The trait they all share in common is a simple pleasure, not in winning, but in remaining able to compete. Though the interviews are short, none longer than four pages, their enthusiasm is infectious. More important, these athletes give us hope. Looking at their trim figures, great skin, and radiant smiles, I say that, if turning fifty looks like this, nobody should ever mind the march of time. Our society assumes that aging means getting fat, tired, and joyless, but these athletes prove that such a reaction is our choice, not an inevitable consequence. We have the power to age with grace and strength. I finished this book feeling inspired to reclaim the joy I once knew in simple running and cycling. Just because I'm unlikely to set any world records is no reason not to care about my health, or to find pleasure in keeping myself fit and healthy. This book inspires me to care about myself and take control of my health, which I think is the author's intent.

Don McGrath's book *50 ATHLETES OVER 50 TEACH US TO LIVE A STRONG, HEALTHY LIFE* is that carrot in front of the nose manual that is sorely (!) needed. With the emphasis on youth and the job market focusing on youthful presentation, men and women at 50 and beyond can well benefit from this well written, encouraging examination of fitness. McGrath has obviously devoted a good part of his athletic life observing the spectrum of his comrades - from the energetic youths to the advanced years folks whose health and vigor and attitude towards life is profoundly influenced by exercise routines - or to put it more in keeping with this book's message, transforming the detrimental effects of gravity and cell laxity that accompany the passage of time by envisioning a healthy body and mind, finding a manner in which to raise the bar on endurance and regimentation of workouts, and loving the exhilaration that accompanies fitness of body and mind. Old Age, be gone! The technique McGrath uses is the original performance focused model: at the center of the model is Performance and feeding into that core are Mental Fitness, Technical Skills, Nutrition, Physical Fitness, Goals and Planning, and Execution. His focus is on the joy and fun of the feeling of accomplishment that comes by transitioning from a lifestyle ruled by sedentary positions into one that incorporates the fitness goals that provide not only pleasure and heightened capacity for

younger thinking patterns and physical abilities, but a giant gulp from the Fountain of Youth. Yes, there are sound examples of a well considered workout routine and these are accompanied by boxes where readers can fill in the goals and ideals and other participating notes of creating the progress to living well and loving living well. These are followed by interviews with athletes McGrath has found who have not only past records of achievement in fitness but are also in constant competition with themselves or members of their workout or running groups - informative and entertaining and inspiring tributes to messages McGrath shares throughout this book. One of the reasons this motivational physical fitness manual is so successful is McGrath's level of enthusiasm: he makes the concept of getting into shape and staying in shape an exciting dream fulfillment instead of the 'oh, but that is not for me' attitude that most books of this nature induce. He is obviously having fun, as are the athletes and ordinary people who follow this regimen, and that makes all the difference. Grady Harp, May 11

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