

Dieses 140 Seiten umfassende Buch richtet sich insbesondere an diejenigen, die auch in der zweiten Lebenshalfte noch möglichst lange eine ausreichende körperliche Handlungskompetenz erhalten wollen. Dem Leserkreis wird zunächst in kurzer Form dargestellt, wie man prognostisch Lebenszufriedenheit erreichen kann. Es folgt die Kennzeichnung einer altersgerechten körperlichen Leistungsfähigkeit, die es aktiv zu erwerben gilt. Gleichzeitig werden sanfte Tests als Kriterien für ein ausreichendes physisches Leistungsvermögen angeboten, bevor Wirkungen eines gezielten Ubens/Trainierens zur Vervollkommnung des individuellen Leistungszustandes beschrieben werden. Subjektive Ausgangspositionen für das Uben einschließlich der Motivationen und Hinderungsgründe für ein Sporttreiben im Alter stehen im Weiteren im Mittelpunkt der Darlegungen. Konkrete Übungshinweise insbesondere für Sportneulinge und Wiedereinsteiger bilden den Abschluss eines praxisbezogenen Teils, der überdies eine Übungsauswahl zur Vorbeugung bzw. Linderung von Rückenbeschwerden beinhaltet. Es folgt ein umfangreicher Anhang mit 15 Anlagen, der dem Leser eine vertiefte wissenschaftliche Sicht des Problemkreises körperlich-sportliche Betätigung im Alter ermöglicht.

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