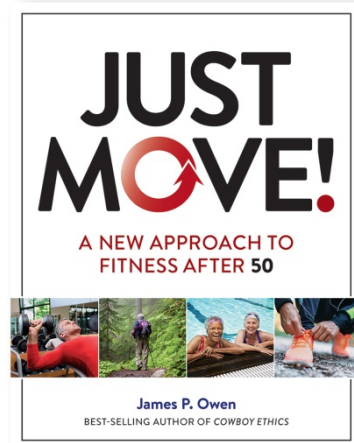


What people are saying about *Just Move!*

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Fabulous book! Sure got ME moving! I thought this was just another [exercise book]...but I was wrong! This truly has a different approach.... Very practical, easy to do movements and ideas that encourage people to actually do, and not just talk about doing. ...THANK YOU James Owen! – *Marigrace Lonergan Gleason*

Bought it for my mom. Loved reading it myself...the book helped me realize that thinking about exercise as an important part of feeling good and living well (instead of just a chore) is key – no matter how old you are. Great read!
– *OmoshiroiMan*

This book shows a path forward for virtually anyone to make progress toward functional fitness. I'm a firm believer in "use it or lose it," and this book will definitely help me "use it." – *Jill Clardy*

A superb motivational treatise...Owen has provided me with a new perspective and energized me to do more...every older person who wants to slow Physical deterioration from lack of exercise should read this book. It's great.
– *Jerry Sapirstein*

Truly awesome...I would give this book 6 stars if it were possible. This may actually be life-changing for me.... [At 68,] I am inspired. I have shared this with my hubs and he agrees that this book is our answer. Please consider giving it a try.
– *Sharon S. Walker*

Inspirational indeed. At last! Not just because the book is written by a 70-year-old man...but because the author emphasizes that the only reason we're supposed to exercise is so we'll feel better, not to enhance our looks.

– *Travis Ann Sherman*

...a great book for providing an incentive to continue to be active, and filled with useful hints on how to do so as we age...invaluable as a source of inspiration.

– *Robert C. Ross*

It's a great guide for aging parents on how to get healthy. No wonder this book sold out on its first day. ...Highly encourage this as a gift for anyone with a young personality but an aging body. – *CSK*

...I bought [my dad] this book and I can already see the change in the way he is approaching fitness. I want my dad to lead a long and healthy life and *Just Move!* is helping him do just that! – *Amazon Customer*

Great exercise book for older folks. ...Owen gives up some safe and commonsense ways to get and stay fit. ...Lots of good advice on what to do on your own or even advice on hiring a trainer. – *Rdtoo*

Inspiring and educational on functional fitness. ...[the book] emphasizes that no matter where you are in your health right now, you can start now to improve it. ...Overall, it has inspired me to change my routine and improve my overall daily life. – *Texas Rose*

...I have multiple personal training certifications and my area of focus is biomechanics and helping people live a high quality of life after a certain age. This book gives you the tools to do just that.... – *LOL*