



The Core Program: Fifteen Minutes a Day That Can Change Your Life

By Peggy Brill, Gerald Secor Couzens

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Introducing the fitness program designed by a physical therapist exclusively for women — proven to increase strength, tone muscles and reduce aches and pains in just 15 minutes a day!

Few women realize that most popular fitness regimens are designed for men. Yet women have their own unique fitness needs — and using a program developed with men's bodies in mind is not only ineffective, but can actually result in injury.

Renowned physical therapist Peggy Brill has devoted her life to developing an exercise program specifically for women. Based on her understanding of movement dynamics and body structure, these exercises focus on developing and balancing the muscles in the anatomical center of the body — the core — which includes the back, hip and abdominal muscles.

Peggy's remarkable head-to-toe workout targets the "hot spot" areas — neck, back, pelvis, hips, knees — that cause problems for even the healthiest women. In just 15 minutes a day, **The Core Program's** easy-to-learn exercises will help women:

- Strengthen their bodies to achieve balance and alignment
- Eliminate everyday aches and pains
- Prevent bone loss
- Protect against osteoarthritis
- Improve sleep, digestion and circulation
- Enjoy better sex
- Feel energized all day long
- Overcome the effects of aging

With inspirational case histories, detailed photographs illustrating each exercise and self-tests for rating balance, flexibility and strength, **The Core Program** is an owner's manual for the naturally strong, healthy body every woman should have.

From the Hardcover edition.

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Editorial Review

Amazon.com Review

Exercise books often make grandiose claims of improving everything from your sex life to your cholesterol level. At best, these claims are harmless; at worst, annoying. Every so often, however, a program is developed with attention to specific issues, backed up with strong medical knowledge, and presented in a plain and helpful manner. Peggy Brill is a physical therapist who has created just such an exercise program. *The Core Program* offers numerous ways to improve deep muscle strength in women, which can lead to improved posture, strength, and energy levels.

Brill's program is designed specifically for women and built around easy exercises for the torso area, starting deep with the pelvic floor and working its way out from there. As it is a no-impact program that takes just a few minutes each day, it's easy for every woman to incorporate into her schedule, and equally appropriate for teens or senior citizens. She emphasizes that "the Core Program is supposed to relieve stress, not cause it," so a skipped routine or two is not the end of the world. The exercises are similar to those taught in physical therapy visits. Muscle groups from head to toe are gently warmed up before moving into yoga-inspired stretches and lift-and-hold exercises. Each one is shown with photographs and detailed written instructions, and all are easy to follow, even for a novice. With a few simple tests, you can easily determine the exercise level appropriate for you out of the three different levels shown. Amid all the instruction are plenty of stories from women with chronic fatigue or injuries who have successfully improved their stamina and strength. Whether this is the only fitness program in your life or an addition to your regular workout, you'll find this book informative and educational, with achievable goals and straightforward routines. --*Jill Lightner*

Review

Exercise your right to feel fabulous!

"Working with Peggy is a dream! Her ideas are terrific and the relationship she develops with you makes you feel confident about improvement."

— Coach Mike Krzyzewski, head coach of Duke University's men's basketball team

"Nothing is more important to strength, health and vitality than strong core muscles. I know this from both personal and professional experience. Peggy Brill's exercise program is effective for every woman, no matter what her current fitness level. And because it takes only 15 minutes per day, everyone can benefit."

— Christiane Northrup, author of **Women's Bodies, Women's Wisdom**

"Using **The Core Program**, you'll give your body a head-to-toe workout that will also tone your muscles and carve inches off your waist and hips. You'll look great and feel terrific. Best of all, the easy-to-do Core movements can be done no matter how old you are. It doesn't matter whether you are overweight or skinny, fit or sedentary."

— Peggy Brill

Hear what women are saying about **The Core Program**:

"Sitting at the computer all day left me feeling drained. Now I don't feel like I've been run over by a truck at the end of the day."

— Nancy, 32

“Finally I’m graceful; my strides are fluid. When I catch a glimpse of myself in a store window, I see a confident woman, not someone who looks like she carries the weight of the world on her shoulders.”

— Jenna, 47

“I’ve been jogging for a few years, but not without discomfort in my hips. Now I enter minimarathons, and keeping up with my husband is no trouble at all.”

— Ellen, 37

“For the first time in much too long, I feel terrific from head to toe. I never thought I’d feel this way again!”

— Ma...

From the Inside Flap

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Users Review

From reader reviews:

David Marx:

The book *The Core Program: Fifteen Minutes a Day That Can Change Your Life* has a lot info on it. So when you read this book you can get a lot of help. The book was compiled by the very famous author. Mcdougal makes some research prior to write this book. That book very easy to read you can get the point easily after perusing this book.

Ralph Pettie:

Do you have something that suits you such as book? The guide lovers usually prefer to decide on book like comic, brief story and the biggest one is novel. Now, why not striving The Core Program: Fifteen Minutes a Day That Can Change Your Life that give your fun preference will be satisfied simply by reading this book. Reading routine all over the world can be said as the way for people to know world a great deal better than how they react to the world. It can't be stated constantly that reading behavior only for the geeky individual but for all of you who wants to be success person. So , for all you who want to start examining as your good habit, you could pick The Core Program: Fifteen Minutes a Day That Can Change Your Life become your starter.

Elizabeth Nicholson:

Reading a book to get new life style in this season; every people loves to examine a book. When you study a book you can get a great deal of benefit. When you read books, you can improve your knowledge, because book has a lot of information on it. The information that you will get depend on what kinds of book that you have read. If you want to get information about your research, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, and also soon. The The Core Program: Fifteen Minutes a Day That Can Change Your Life provide you with a new experience in reading a book.

Mary Fix:

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