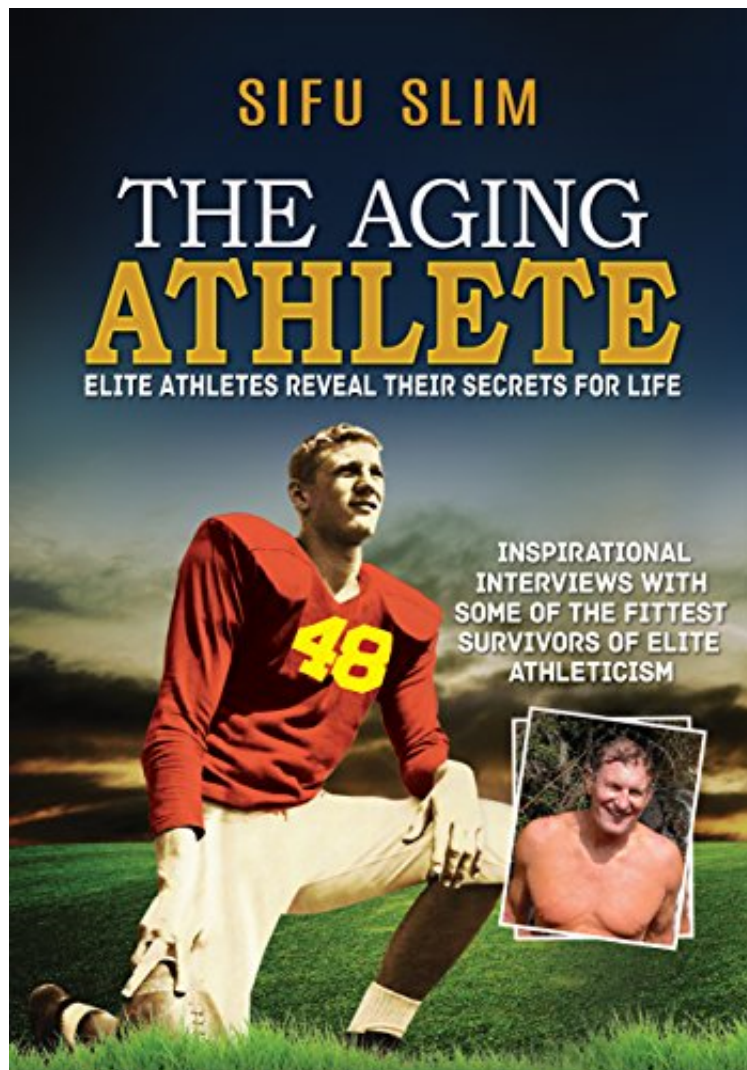


The Aging Athlete: Inspirational Interviews With Some of The Survivors of Elite Athleticism

by
Sifu Slim



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Synopsis

"The concept for this book is provocative. It is somehow counterintuitive to think of great athletes becoming unfit in old age. Of course the recent suit brought against the NFL by former players indicates that fitness and health can erode all too quickly. The aging pursuers of fitness featured in 'The Aging Athlete' are the exceptions and not the rule. We can all learn from their own stories of perseverance." Tom Jones, Author of "Sports Competition for Adults Over 40"

What can we learn from former top athletes that is especially relevant for our health and lifestyles? Even though most athletes are essentially performance minded rather than maintenance and wellness minded, it's still a compelling revelation why 90 percent of them don't continue a program to try and retain some of their skills and conditioning. Learning from the 10 percent who do stay fit and healthy is where we can all benefit. The Aging Athlete chronicles the fitness and mindset of a group of retired and semi-retired athletes, of what's worked for them over the years since they stopped competing or serving in the armed forces. Some of the top athletes include Billy Mills — 1964 10,000m race gold medalist once considered the most famous living Native American; Ken Shamrock — former UFC heavyweight champion who was named the World's Most Dangerous Man; Sam "Bam" Cunningham who starred in the famous 1970 Civil Rights Football Game; and Allen Winder — a blue-eyed basketball player who was called upon by Meadowlark Lemon to break the color barrier ... in reverse.

WHAT YOU WILL LEARN IN THIS BOOK

1. Why? Why all of the attention on athletics and aging athletes? What might it be like to be the caregiver/spouse of a 28-year-old athlete who was until recently one of the most physically powerful athletes on the planet? How old is an aging athlete? Hockey great Bobby Orr was injured, and partially hobbled, at the end of his first year as a pro--age 18. His kids have never participated in competitive skating or hockey. Why did kids used to play different sports year round, all seasons, and today it's common for young people to only take up one sport and train for it the entire year?
2. Why isn't wellness emphasized more for all and especially for performance oriented athletes? What are the payoffs of recreation vs. performance oriented sports?
3. Why don't we learn to coach ourselves? Why do high numbers of performance athletes (inc. ex military and ex ballet performers) stop maintaining fitness soon after leaving their performance time?
4. The importance of downtime.
5. How to pursue self-mastery.

What people say about this book

KirkMango, "A GREAT read!!!. Sifu Slim's book "The Aging Athlete" hits home with me in many ways. As a former competitive athlete and national champion in gymnastics, and later as a coach, and physical/fitness/health educator for more than 3 decades, I was pleased to see him take up a very important piece of the athletic puzzle. Most importantly, Sifu addresses the why! It always amazes me that so many high level competitive athletes, whether high school, collegiate, or pro, fail to continue a solid regimen of fitness oriented activities and lifestyles beyond their careers. They simply choose Not To Move. And, by doing so, they tend to suffer many aspects of health degradation. Throughout his book, Sifu details how approximately 10% of high level competitive athletes actually continue efforts toward maintaining healthy fitness and lifestyle practices beyond their competitive years. Sadly, the other 90% succumb to the obesity and health problems we see in society as a whole. In addressing this issue, Sifu interviews ten of these competitive athletes who fall within that 10%. These rather interesting characters have chosen to buck the majority "trend" as they opt to maintain higher levels of fitness beyond their competitive days. The pivotal question continues throughout the book...why do these athletes make this choice, what makes them different from so many others? I found the book genuinely interesting and enlightening as each former athlete brings different nuances to the table with their many and varied life experiences. The intrinsic commonalities between these individuals, something inside them, are of special note. Look for it as you delve through "The Aging Athlete"...a great read for anyone with interest in sports, athletes, fitness and healthy lifestyles. It is important, actually essential, if one wants to get the most out of life, to continue pursuing fitness and a healthy lifestyle. Kirk Mango Former National Champion, Three-time Hall of Fame member, Three-time All-American, and author of "Becoming a True Champion"

Marco Baljeu, "This book is important. As a former athlete and This book is important. As a former athlete and now busy dad with lots of responsibilities, I can share the author's attentive effort to promote physical activity as a lifestyle. My son is currently a competitive high school athlete who travels for tournaments around California. What he needs to know is that there will be an end to the coaching and training at some future date. What will he do then? I hope he follows the less than 10 percent of these athletes who transition to a life of maintenance and recreational physical activity. I hope that he will read this book now that I'm done so the seed will be planted. M. Baljeu"

DigitalLight, "A real perspective from athletes. I got both the paperback (which was a nice quality) and kindle editions! The stories of aging athletes are engaging and lively with a real perspective. I come from a family of athletes, but the book appeals to sports lovers as well. Sifu Slim interviews many interesting athletes in this book and does so in a fresh way that keeps you reading. I'm getting a couple more paperback copies to give as gifts for friends who are athletes

and also for those who just have an interest in sports and fitness.”

kelly Knowles, “Gets into the mind of Athletes. A book full of interesting athletes of all ages and background. The Author really has a passion for fitness and wellness that show up thru out the interviews.”

xxx, “Great book. I can't wait to get off the Great book. I can't wait to get off the couch.”

O. Halabieh, “An Inside Look at the World of Aging Athletes. I read Sifu's book - The Aging Athlete - and it provides an insightful behind the scenes look at the world of athletes who have managed to maintain their active lifestyle after their competitive years. What I particularly liked about this book are: 1) the breadth of athletes covered - whether from a personal background or professional perspective - and the depth of the interviews. 2) practical and applicable advise that the athletes shared on health and wellness and 3) the psychology needed to sustain and persevere over an extended period of time - regardless of the competition.Overall an educative read in the areas of personal development, and health and wellness.”

Ebook Tops Reader, “Inspiration Station. I read The Aging Athlete because I am one. Storytelling is one of the greatest ways to absorb truth and wisdom, so I appreciated the interview template. It brought out the very human side of athletes who are much of the time considered superhuman at their peak and this dynamic is very compelling. Since reading the book, I have become more aware of my own exercise habits, the essential links I might have lost along the way, and how I can get back to a balanced sense of discipline and enjoyment. I am definitely going to recommend this book to a few other aging athletes I know!”

Estella Niday, “This is a very well written account of some well This is a very well written account of some well known athletes and their battles to stay mentally and physically fit as they walked away from their sports of choice. Their stories provide valuable knowledge for anyone struggling to stay physically active and in tune with their bodies as they journey into the later years of their lives.”

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