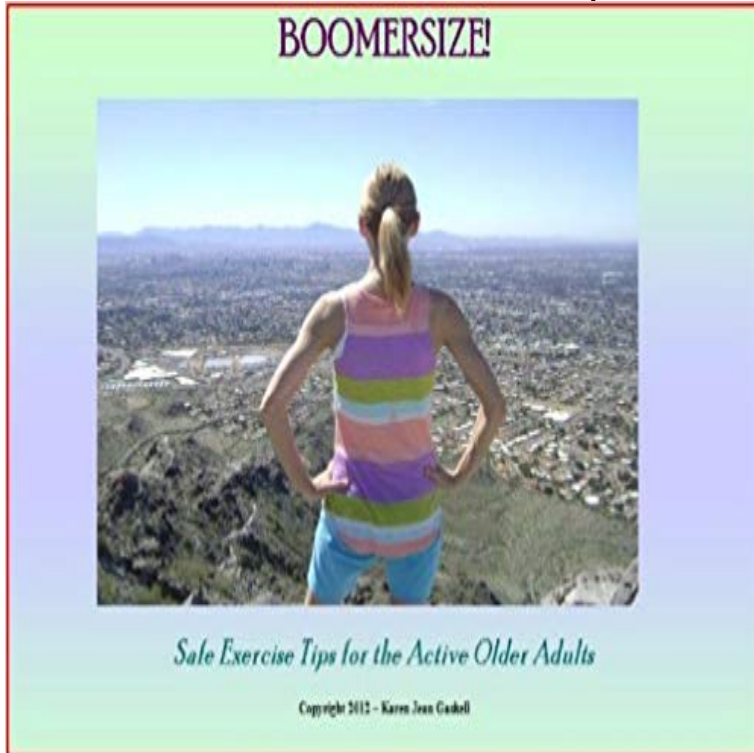


Boomersize! Safe Exercise Tips for the Active Older Adult



Older adults are not destined to mirror the dismal image of a frail, hunched-over man or woman with a large belly and weak arms and legs. Regular exercise and a healthy diet can help prevent severe age-related deterioration of the body. Physical activity may not be the fountain of youth, but it can most definitely slow the aging process and help you live a long and healthy life. *Boomersize! Safe Exercise Tips for the Active Older Adult* offers practical advice about physical activity and nutrition in your 50s, 60s, 70s and beyond. Only the most credible sources including the National Institute on Aging, American College of Sports Medicine, Harvard Health Publications and the American Geriatrics Society were referenced when compiling *Boomersize! Safe Exercise Tips for the Active Older Adult*.

Abravanel's *World of Torah*, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's *World of Torah: Bereshit* was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's *World of Torah: Shemot Volume I* covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

Abravanel's *World of Torah: Shemot Volume II* concludes Sefer Shemot. It features an in depth analysis of the Mishkan (Tabernacle), the Thirteen Attributes, and much more.

Vayikra is due out in the Spring of 2017.

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