

THE INTELLIGENT BODY

MOVING, LEARNING

AND AGING

Frank Wildman

Moving, Learning and Aging

The Intelligent Body

The older we get, the more clever we must become. As we age, it becomes more important than ever to use our bodies more efficiently. We must improve our ease of motion, our coordination, our sense of balance, control, and comfort. After a certain age, our bodily wisdom tells us it's too difficult to slam our bones, strain our muscles, and do the things we used to do with will power and brute strength. However, there is little available in our culture to help us learn to reduce stress while increasing muscular efficiency in a pleasurable and comfortable manner. This program offers an alternative to pain, stiffness, and restricted movement.

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Archived Resource - 2 x VHS video cassette tapes. PAL format.