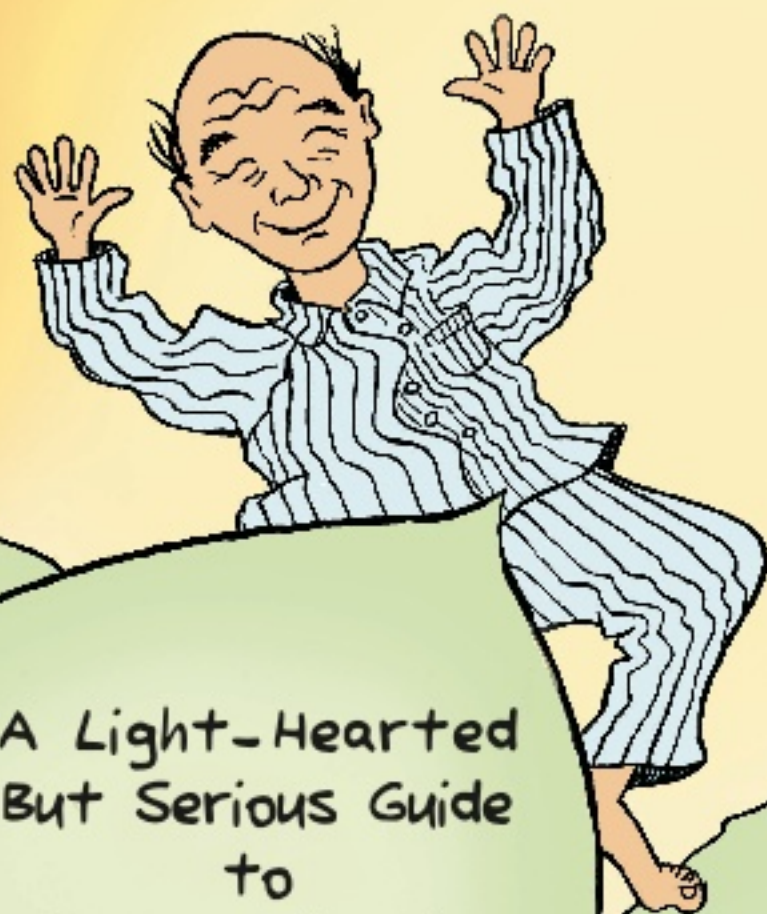


# Get Up and Move Your A\*\*!

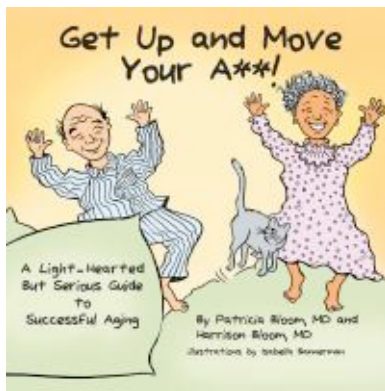


A Light-Hearted  
But Serious Guide  
to  
Successful Aging



By Patricia Bloom, MD and  
Harrison Bloom, MD

illustrations by Isabella Bannerman



*A picture book written in rhyme by the eminent geriatrician couple Drs. Harrison and Patricia Bloom, and illustrated by award-winning cartoonist Isabella Bannerman, it summarizes in an engaging and entertaining way, and includes advice to maximize one's potential for achieving successful aging. Covering the spectrum of physical and mental activity, social and spiritual engagement, good nutrition and healthy behaviors, it is sure to inspire to action, and change adults of all ages.*

# **Get Up and Move Your A\*\*!**

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# Get Up and Move Your A\*\*!



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Light-Hearted  
But Serious  
Guide to  
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Harrison Bloom, MD

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## Dedication

To Jane, and in memory of Paul, Percy,  
and Norman, our parents who inspired  
us by their vigorous lifestyles  
and



To Laura, Ryan, and Quinn  
and Jenny, Jedd, and Liliana,  
our kids and grandkids  
who give us lots of reasons  
to stay healthy and active



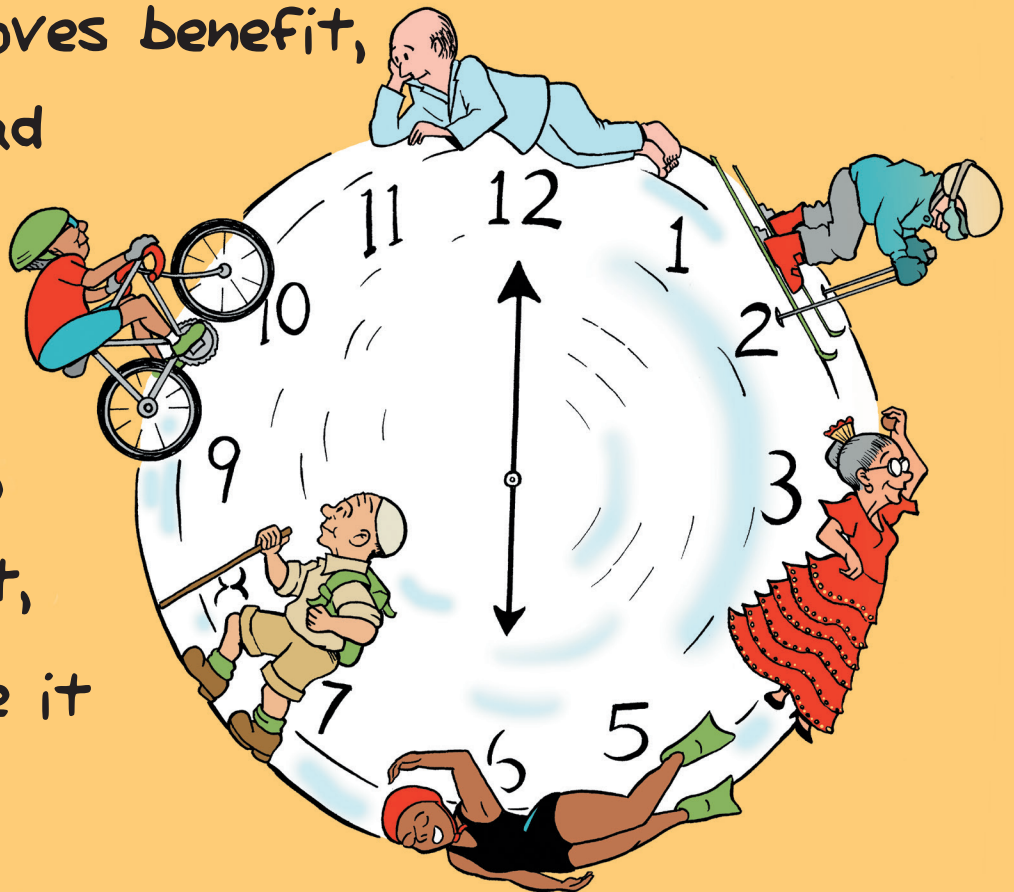
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30 minutes of moving around  
Research proves benefit,  
go ahead

Swim it,  
walk it,  
bike it,  
dance it

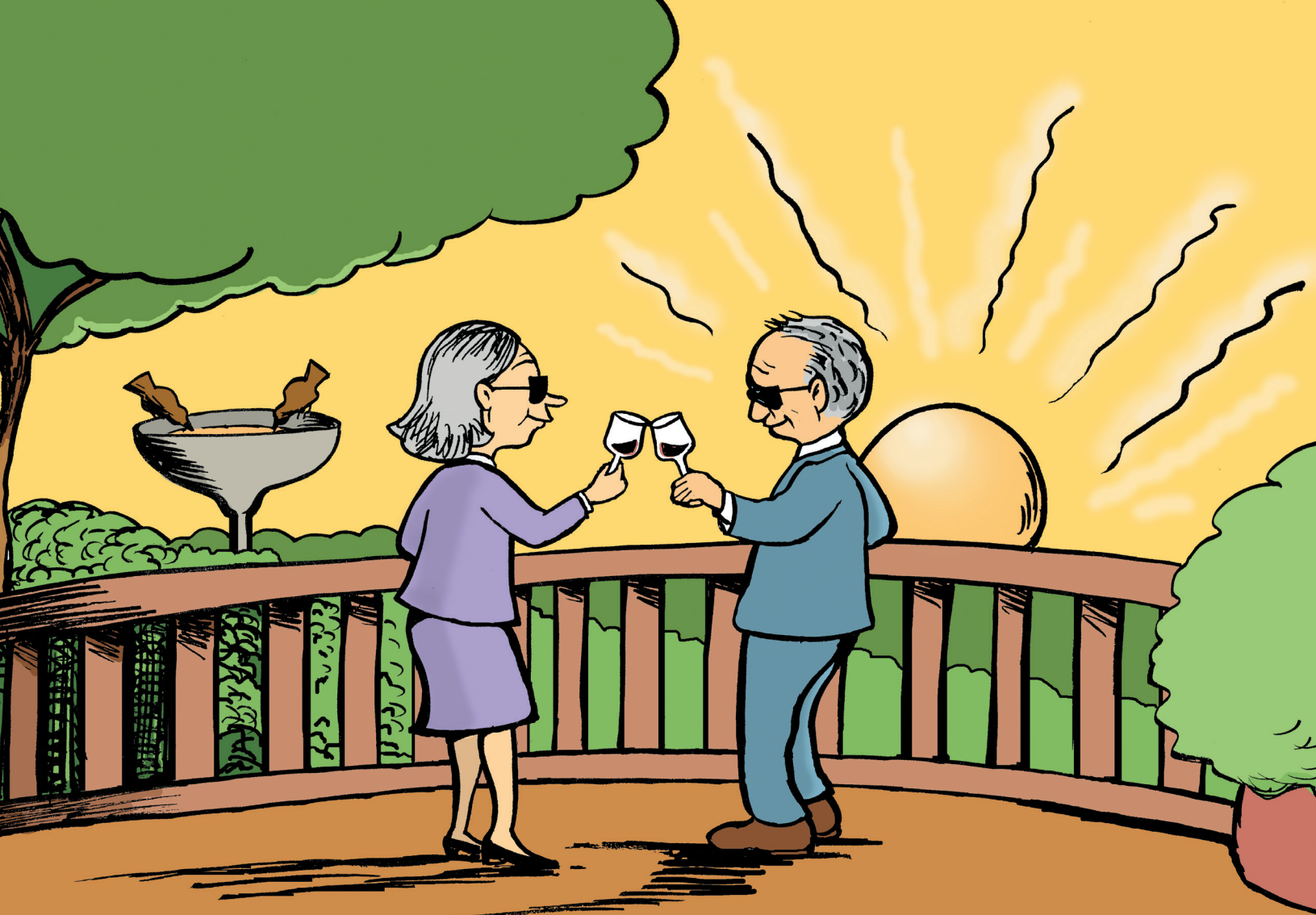


But first get your ass out of bed





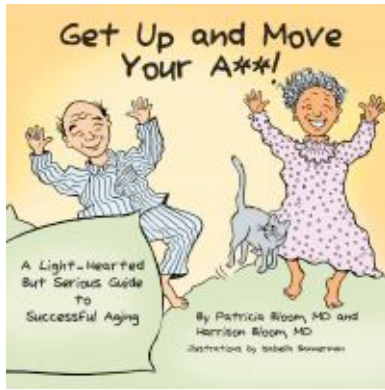
A fall may begin the downward slide  
Toward running out of gas  
So exercise, balance, do tai chi  
And you therefore won't fall on your ass



Enjoying a drink as the sun goes down?

No one should say "Tut, tut"

If you limit yourself to one as you sip  
It's good for your heart and your butt



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