

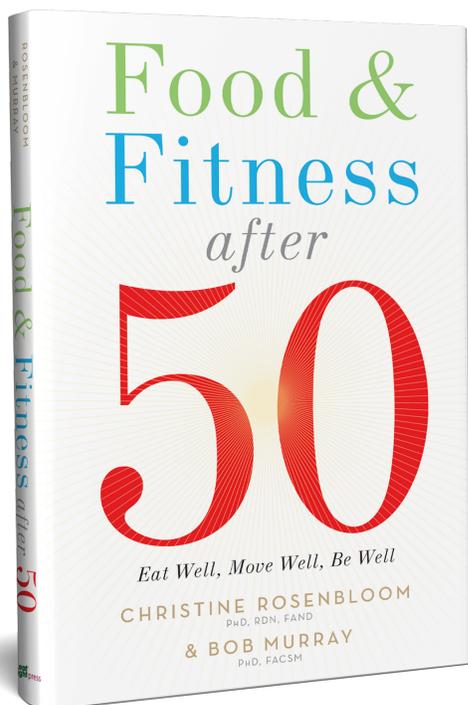
Overview and Authors:

Food & Fitness After 50

Christine Rosenbloom, PhD, RDN, FAND, and Bob Murray, PhD, FACSM
(Eatright Press 2017)

Book Overview

Food & Fitness After 50 translates scientific research into simple, actionable steps to control food choices and fitness strategies for adults in their 50s, 60s, 70s and beyond. It is a valuable resource for adults over 50 who want to lead active, healthy lives.



The book explores:

- Healthy dietary patterns and the food choices necessary for adults over 50 to find the right balance of nutrients
- Exercise needed to preserve strength, build muscle, enhance endurance and maintain balance
- Tips for maintaining a healthy body weight, achieving fitness goals and dealing with stress, illness and injury.

Each chapter includes:

- A summary of key messages
- Stories of real people who overcame challenges to achieve healthy goals
- Self-assessments to help readers make better food and fitness decisions
- Commonly asked questions about health and nutrition topics for older adults
- Advice from nutrition and exercise experts over 50
- Tips from the authors on how they eat healthfully and stay physically active.

Authors



Christine Rosenbloom, PhD, RDN, FAND

Rosenbloom is a nutrition professor emerita at Georgia State University and runs a small business providing nutrition consulting services to many food and nutrition-related groups. She has more than 40 years of experience in nutrition, with specialties in sports nutrition and gerontology. Rosenbloom's work with active people and her academic focus on gerontology inspired her to combine sports nutrition and aging in *Food & Fitness After 50*. She received her bachelor's degree in foods and nutrition from Kent State University, completed her dietetic internship at the University of Minnesota Hospitals and received her doctorate in sociology with an emphasis on gerontology from Georgia State University.



Bob Murray, PhD, FACSM

Murray is the managing principal of Sports Science Insights LLC, a consulting group that provides expertise in exercise science and sports nutrition. He is a Fellow of the American College of Sports Medicine and an honorary member of the Academy of Nutrition and Dietetics. Murray was a cofounder and the director of the Gatorade Sports Science Institute from 1985 to 2008. He was an assistant professor of physical education and head swimming coach at Oswego State University from 1974 until 1977, and an associate professor of physical education at Boise State University from 1980 to 1985. Murray received his bachelor's degree and a master's of education degree from Slippery Rock University of Pennsylvania and a doctorate in exercise physiology from Ohio State University.