



More Than Movement for Fit to Frail Older Adults: Creative Activities for the Body, Mind, & Spirit

Pauline Postiloff Fisher

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The return of spring and warmer weather will undoubtedly prompt a return to a more active lifestyle for all of us, and older adults are no exception. This means activity directors will be looking for fun and creative ways to take advantage of this renewed interest level. Health Professions Press offers many options for activity personnel looking to create innovative programs. More than Movement for Fit to Frail Older Adults: Creative Activities for the Body, Mind, and Spirit, by Pauline Postiloff Fisher, is a great motivator for all older adults. It combines a variety of activities to customize any activity program (see recent reviews below). More than Movement for Fit to Frail Older Adults is truly an excellent resource tool for anyone working with adults in any type of activities setting....It is filled with ideas for stimulating creativity, motivating body movement, and fostering a sense of physical, emotional and spiritual well-being....All activities are easily implemented, and you'll use it over and over again! -- Creative Forecasting Fisher is to be complimented on her ability to articulate instructions for complex body movement in a clear, easy-to-read manner....(the book's) scope may help enrich art therapy programs for older adults. -- American Journal of Art Therapy

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