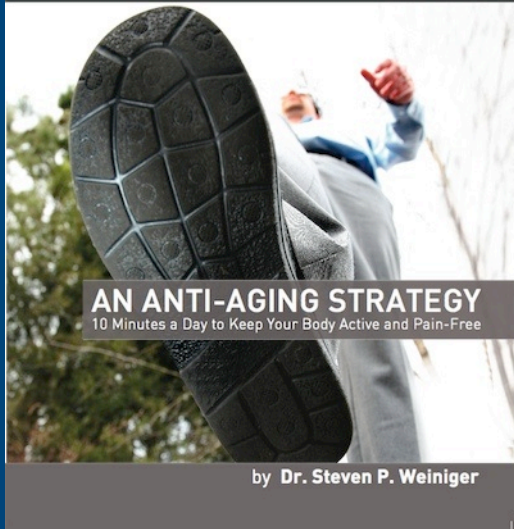


# STAND TALLER~ LIVE LONGER



## *Stand Taller ~ Live Longer: An Anti-Aging Strategy*

By **Dr. Steven P. Weiniger**

**Nonfiction**

**\$22.95 U.S.**

**\$25.95 CAD.**

**ISBN: 978-0-9797136-0-6**

Available at  
[www.standtallerlivelonger.com](http://www.standtallerlivelonger.com)  
and [www.amazon.com](http://www.amazon.com)

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### **FOR IMMEDIATE RELEASE**

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### **New Tool for Healthcare and Fitness Professionals**

#### ***Stand Taller ~ Live Longer: An Anti-Aging Strategy* Makes It Easy to Reach Diverse Patient/Client Goals**

Dr. Steven P. Weiniger, internationally recognized expert on posture and anti-aging as well as rehabilitation and biomechanics, has released *Stand Taller ~ Live Longer: An Anti-Aging Strategy* to show healthcare and fitness professionals how to progressively build daily posture exercise routines for the individuals they serve. In the process, clients reach a variety of crucial goals:

- Improving posture
- Rehab after injury
- Enhancing sports performance
- Increasing and maintaining activity within the aging population
- Correcting and strengthening posture in everyone from computer-bound teenagers to baby boomers and beyond
- Eliminating pain
- Increasing flexibility

The 7-week program detailed in *Stand Taller ~ Live Longer* combines cutting-edge research with interactive demonstrations and embodies the philosophy “Use it to keep it.” This user-friendly program takes just 10 minutes a day and the response, notes Dr. Weiniger, “has been amazing.” He comments, “Physical therapists, trainers, doctors with all types of medical backgrounds, rehab centers, nursing homes, and people in phys ed and college athletic departments are using the book to make a significant difference in the lives of those they work with.”

**Call 404-435-1223 for information on discounted bulk rates or to inquire about speaking engagements or media commentary.**

# # #

**Author:** Dr. Steven Weiniger has trained literally thousands of doctors and health professionals to first rehab injuries and then to help their patients keep moving well as they age. He focuses on posture rehab and biomechanics in his private practice and professional training facility in Atlanta, Georgia. His on-going commitment to education and patient care has helped direct national recommendations on issues, policy, and research in the field of aging well.