

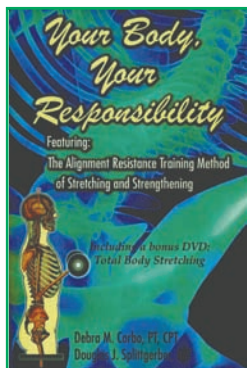
# BOOK REVIEW: **Your Body, Your Responsibility:** *Learn How to Live in Your Body Better*

By Debra M. Corbo, PT, CPT and Douglas J. Splittgerber, CPT  
— Reviewed by Anita Finley

If you're like millions of Americans, you think nothing of taking over-the-counter pain relief tablets for any twinge or ache. It's all part of aging, right? And soreness comes along with any physical exertion, correct? Wrong!—says certified trainer “to the trainers” and “body mechanics specialist” Douglas Splittgerber. He says that no matter what your age, you can rebuild and maintain your body safely, and derive health and strength from physical activity.

Splittgerber and his wife, physical therapist Debra Corbo, in their book, *Your Body, Your Responsibility: Learn How to Live in Your Body Better*” have a special added feature. In the inside back is an Alignment Resistance Training Total Body Stretching DVD that is fascinating to watch. I didn't know a body that is not physically fit can do so much and not hurt. I actually tried it and it is very motivational.

You may be asking yourself how this self-help book is different and how it can help you. The main reason for the success of this book is that it is not filled with empty promises of goals of fat loss or massively muscular beach perfect bodies. The book explains and focuses on function of the muscle and skeletal system of our bodies and how approaching the near-neglected science of stretching and strengthening is obviously the key to maintaining weight, properly adjusted exercise, body control and maintenance, and care of our backs, hips, shoulders, wrists, hands, and pelvic zones. This all sounds like a large order, but it is written simply and is very easy to follow.



Their approach is labeled “The Alignment Resistance Training Method of Stretching and Strengthening” and they understand that a picture is worth a thousand words. So I was curious what the first class would be like. It is a one hour, 15 minute DVD that demonstrates each of the maneuvers discussed in the

book. Following the DVD is comfortably paced and one aspect of watching the well demonstrated exercises that makes it even more credible is that the authors are both baby boomers—50 and 58—though they are in such superb physical shape that their chronological age matters little. They really look unbelievable!

I read a testimonial that said it so well: “Perhaps the strongest point of the book/DVD is the list of ‘promises’ the authors afford: ‘Get better results from your exercise efforts, reduce medical costs, improve your quality of life as you age,’ and remembering that your body is your responsibility. This is one of the best and most honest self-improvement programs available.”

My suggestion to you is to give this book to your friends for the holidays and then form a class and enjoy what the authors have demonstrated. Make it your New Year's Resolution (or begin even earlier).

Corbo and Splittgerber need to win an award for this book/DVD.

(The book and DVD costs \$36.95 and can be purchased by going to their website, [yourbodyonline.com](http://yourbodyonline.com), where you will also find a ton of information on aging and how not to hurt.)