

Diversions

BOOK SIGNING

Popular instructor knows all the right moves

By Myra Neben
The News

Dorothy Goodman was waving her arms in the air, bending and stretching, and following the wiry motions of instructor Diane Edwards. "We've got the best right here," she wheezed between stretches, referring to Edward's expertise as an aerobics instructor.

For close to two decades Edwards has been cajoling Leisure World people to bend and stretch, working out the kinks from arthritis and keeping the knees supple.

And using what she has learned while doing this, she wrote a book. That book "Prime Moves: Low Impact Exercises for the Mature Adult," goes on sale Wednesday, Dec. 3 at B. Dalton Book Store at the Saddleback Valley Plaza on El Toro Road.

From 2 to 4 p.m. that day, Edwards will be there signing

the books at an autograph party.

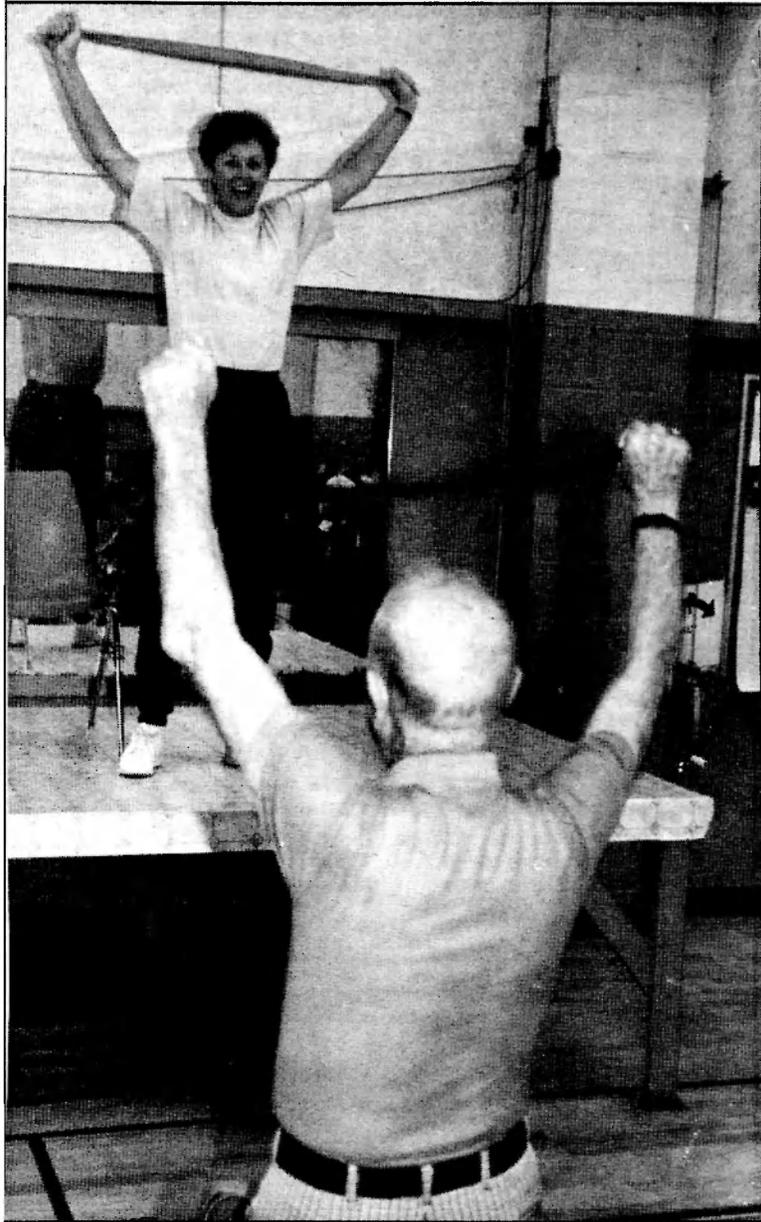
Leisure World was indeed Edwards' laboratory for the exercise book. She acknowledges that much of the study of physical conditioning was done as residents stretched at Clubhouse 1.

And she says "results clearly demonstrated that healthy older people who are involved in appropriate physical conditioning programs do benefit."

The studies were conducted with the backing and assistance of colleagues at the Andrus Gerontology Center at the University of Southern California and local residents were tested, while moving and standing still.

The new book provides a simple to understand workout plan for older people, with illustrated exercises for everything from the top of the head to the end of the big toe; seated, standing and lying down.

Edwards is currently working on a sequel to the first book that will focus on on weight control.



M. Neben/The News

Diane Edwards conducts a stretching class in the Clubhouse 1 mini-gym, exhorting Leisure Worlders to bend, bounce and bump in her low impact exercise for the mature adult.