



## A Row a Day for a Year: Set a Goal—Track Your Progress

*D.P. Ordway*

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Experts agree that if you set a goal and track your progress, you'll succeed where others fail. Regular, moderate exercise is generally recognized as the closest thing to a fountain of youth, and *A Row a Day for a Year*, by author D.P. Ordway, supports your ability to enhance your energy, fitness, and health by rowing each day for a year.

A month-by-month exercise journal, each month begins with quotations from the medical community and sages alike reminding you that regular, moderate exercise is essential and beneficial. A short article before your entries discusses rowing, training, and the rowing community. Ordway encourages you to take the challenge and row each day for a year.

### **Praise for *A Row a Day for a Year***

“*A Row a Day for a Year* should be handed to every person who wants to fall in love with indoor rowing. It is passion and knowledge at its best. This . . . is another great book and a great tool for indoor rowing people.”

**-Santiago Fuentes**, Referee, 2012 London Olympics.

“. . . Moderate exercise keeps us healthy and helps us age well. . . . Dusty lays out a journal approach to capture daily entries, combined with advice on training programs, cross-training and stretching. The quotes scattered through the book . . . are entertaining, inspiring, and full of common sense. A wonderful recipe for living better and rowing daily.”

**-Joan W. Miller**, Md, Chair, Department of Ophthalmology, Harvard Medical School, Mit Varsity Women's Crew and Straight T Award winner



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#### **David Baker:**

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