



Get Fit, Healthy and Staying That Way, 40+: A Beginner's Guide to Fitness and Why It Doesn't Require a Midlife Crisis

By Norman Brown

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Get Fit, Healthy and Stay That Way 40+ Don't be afraid of asking for help when you're looking to improve your weight, fitness, or recover from some form of debilitating lifestyle condition, especially when you're 40+.

Where you haven't completed any exercise in a while, this book is a great tool to help you understand the simple steps required for starting a fitness plan - and, most importantly, how to get started. I will not make false promises of magic fat loss or meteoric fitness gains. Rather, I'll help you understand how each part of your lifestyle can be adjusted to help you achieve those changes necessary for good, long term, sustainable improvement. Your age is irrelevant. Male or female doesn't matter. What is essential is your commitment to get fit, healthy and stay that way as you age. Your benefits: Improve your weight Have more energy Reduced risk of heart disease and cancer Enjoy a more invigorating lifestyle The book is divided into a logical step-by-step approach which,...



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publications I have read. Your life period will probably be enhanced the instant you start looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication I actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. It's been written in an exceptionally simple way in fact it is just right after I finished reading this ebook where it actually transformed me, altered the way I really believe.

-- Dr. Celestino Spinka III