

Stay Fit and Fantastic over 50



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Reviews

A really awesome book with lucid and perfect information. Of course, it is actually play, nonetheless an amazing and interesting literature. You are going to like just how the article writer create this ebook.
(Nakia Toy Jr.)

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W Foulsham & Co Ltd. Paperback. Book Condition: new. BRAND NEW, Stay Fit and Fantastic over 50, Jack Hay, The population may be ageing, but the over 50s want to make the most of their lives. They have the time and the resources to be fitter, healthier, sexier and more adventurous than ever. This book gives them the blueprint for a longer and healthier life by keeping both mind and body energised. Here's just a snapshot of what it includes. Positive thinking: attitude, relationships, flexibility. Healthy diet: good habits, diets and changing needs. Great body: fitness, exercise and natural therapies. Energetic lifestyle: looking good, sex and having fun. Here's to the next happy, healthy - and book-buying - 50 years!.



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