



## Fitness for Middle Aged People: 40 Powerful Exercises to Make People Over 40 Years Old Healthy and Fit

By Andrei Besedin

Andrei Besedin. Paperback. Condition: New. Dimensions: 11.7in. x 8.3in. x 0.1in. Are you at your middle age- 40 years and above? Staying active throughout your life might be the only most powerful way to remain healthy and live long enough to enjoy all the things you have worked for and also your family. Most of us have started to reduce the bar of our priority for fitness exercises due to the fact that family and work has become more demanding. You might encounter some difficult issues at this age. These are: -High blood pressure which is the number one form of heart disease -Arterial issues such as arterial stiffening which may lead to cardiovascular disease -Cognitive decline- degenerative and aging diseases kill the brain cell -Increased stress and anxiety -Additionally, cancer, diabetes, weak bones, excess weight, and much more can also creep in. Do you know an active lifestyle becomes more advantageous to your health as you grow older? It can help maintain your independence, boost your energy, protect your heart, and manage your weight as well as symptoms of pain or illness. It can also help build your memory, mood, and mind. For you avoid the possible issues that might...



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