



## Fitter After 50 Forever Changing Our Beliefs About Aging

By Ed Mayhew

AuthorHouse. Paperback. Condition: New. 292 pages. Dimensions: 9.0in. x 6.0in. x 0.7in. We can be not only fit after 50, but fitter -- fitter than most 40, 30, and even 20-year-olds AND fitter than we were ourselves before our encounter with the BIG FIVE-O. Meet these Masters of Fitness and learn their secrets: The 79-year-old great-grandmother who has run twenty-eight races of 100 miles or longer The Award-Winning 61-year-old bodybuilder who started at age 55 The middle-aged, overweight couch potato with high blood pressure who became an American marathon champion And dozens more who will FOREVER change your beliefs about aging Discover: Why some stick with their fitness plan, most dont, and how you can Why it is easier than you think to get started Why a strong why (desire) is more important than the how Why just tweaking your diet can make all the difference Why and how The 60-Second Solutions can make you fitter Why and how to produce the Human Growth Hormone naturally Why and how YOU CAN be fitter after 50 Whether you are fast approaching age 50 or looking at it in the rearview mirror, this is the book you need to read! - Jerry Dunn, Americas Marathon Man --200 marathons in 2000 at age 54 This item ships...



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