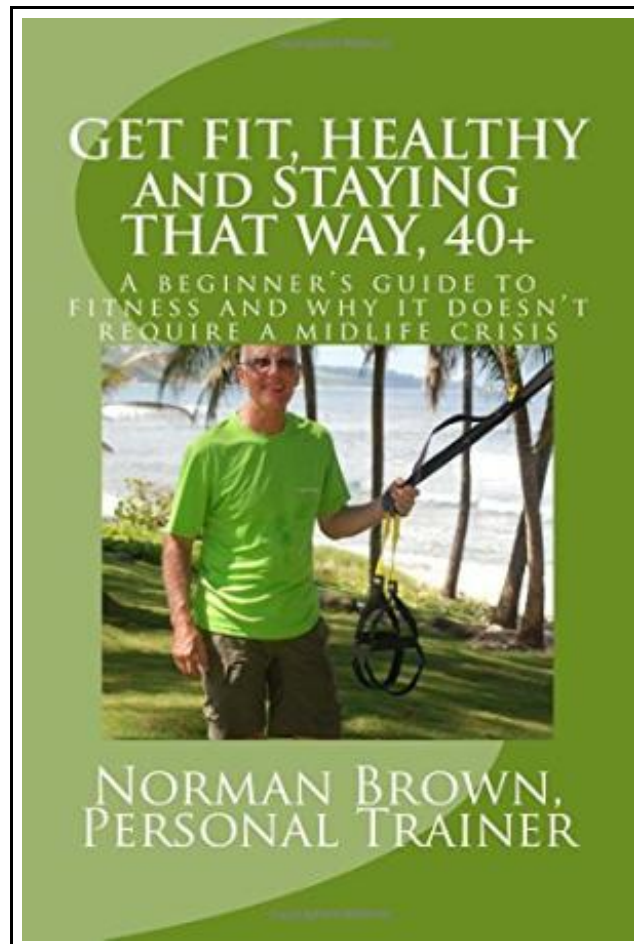


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Get Fit, Healthy and Stay That Way 40+ Don't be afraid of asking 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, when followed, will support you to ensure your changes are organised - and how they interact with each other in a way that helps you achieve success. Actions: Start with an honest assessment of your current health and fitness Record your measurements and fitness tests Set goals which you can measure Decide on an exercise plan and find out which exercises are best for you Review your diet and nutrition to understand what changes will help you If you are overweight and have been inactive for any period of time your risk of developing heart or kidney problems, diabetes and...

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