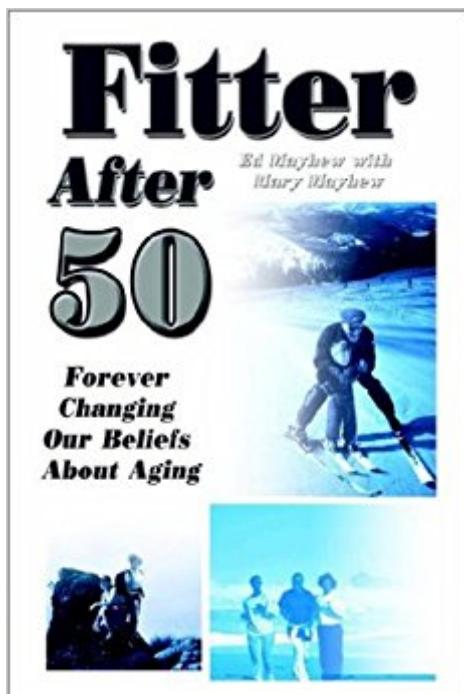


The book was found

Fitter After 50: Forever Changing Our Beliefs About Aging



Synopsis

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 don't, 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, America's Marathon Man --200 marathons in 2000 at age 54

Book Information

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Customer Reviews

Ed Mayhew is the author of *Educating Your Star Child*, *The Skinny Book of Fat*, and *The Important Journey* (audiocassette). A professional educator for thirty-five years, he has specialized in physical fitness for children. As he crossed the half-century mark, he turned his attention to adult fitness issues. Ed is an avid runner, a cyclist, sports enthusiast, and definitely fitter after 50. He is married to his co-author, Mary. Note: For *Fitter After 50*, Mayhew conducted dozens of interviews with

the Masters of Fitness - the real authors of much of FA50's insights and inspiration - and researched dozens more to glean their secrets and share them with you. Mary Mayhew has authored two other books: Your Star Child (nonfiction) and Great Adventure: A Coming of Age at Going on Fifty (a novel). She is also the co-author of Educating Your Star Child. Besides writing, Mary is an artist, musician, and mother of the Mayhews' two daughters, Catherine and Joanna. She illustrated the covers and/or "innards" of most of the above-mentioned books, including

FA50. www.FitterAfter50.com

This is not a how to book. There are no menus, no exercise regimens no health tips. It is encouraging stories of people over 50 years old, who changed their lives for the better and got fitter & healthier after 50 if you want menus, exercise regimens & health tips go elsewhere

Great

For those who have never had an exercise program or a healthy diet, the author makes it easy to set up a program, first by making and meeting easy short term goals. With that achievement, more challenging goals can be set and met. For others who have fallen back to unhealthy ways, it reminds the reader what wonderful benefits await if only we become determined to have a better and fitter life. There isn't just one way to achieve fitness. By reading the stories of people over 50 who are masters, it inspires and gives the reader a variety of ideas in choosing the best individual path to a healthy body. Read the book to learn more about a variety of programs including how to make correct choices for eating well. Biological aging doesn't mean we have to be old, frail, ill, or on multiple medications.

Fitter After 50 profiles dozens of individuals, ages 50 to 100, who are in better shape than most 40, 30, or even 20-year-olds. One such individual is Helen Klein. Helen started running when she was 55 and now at 79 she has run 28 races of 100 miles or more. These stories will inspire you to get off your duff and get back in shape as nothing else will. Not your usual boring exercise book -- these pages sizzle with the human-growth-hormone-increasing secrets of these Masters of Fitness. I loved it!!

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Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet, Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) How We Know What We Know About Our Changing Climate: Scientists and Kids Explore Global Warming (About Our Changing Climate) Muslims: Their Religious Beliefs and Practices (Library of Religious Beliefs and Practices) Hinduism: History and Gods (Ultimate Guide to the Hindu Religion, Gods, Rituals and Beliefs) (Hinduism Beliefs and Practices Book 1) Rastafari; Beliefs & Principles: Rasta beliefs & Principles about Zion and Babylon and the Bible Forever After (The Forever Series Book 3) Ending Aging: The Rejuvenation Breakthroughs That Could Reverse Human Aging in Our Lifetime Free to Make: How the Maker Movement Is Changing Our Schools, Our Jobs, and Our Minds God the What?: What Our Metaphors for God Reveal about Our Beliefs in God The Oxygen Advantage: Simple, Scientifically Proven Breathing Techniques to Help You Become Healthier, Slimmer, Faster, and Fitter Fast Exercise: The simple secret of high intensity training: get fitter, stronger and better toned in just a few minutes a day Runner's World Runner's Diet: The Ultimate Eating Plan That Will Make Every Runner (and Walker) Leaner, Faster, and Fitter Thinner, Fitter, Happier: Dancing Will Change Your Life! The Oxygen Advantage: The Simple, Scientifically Proven Breathing Techniques for a Healthier, Slimmer, Faster, and Fitter You The Pipe Fitter's and Pipe Welder's Handbook, Revised Edition Pipe Fitter's Math Guide Cross Training: 1,000 WOD's To Make You Fitter, Faster, Stronger

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