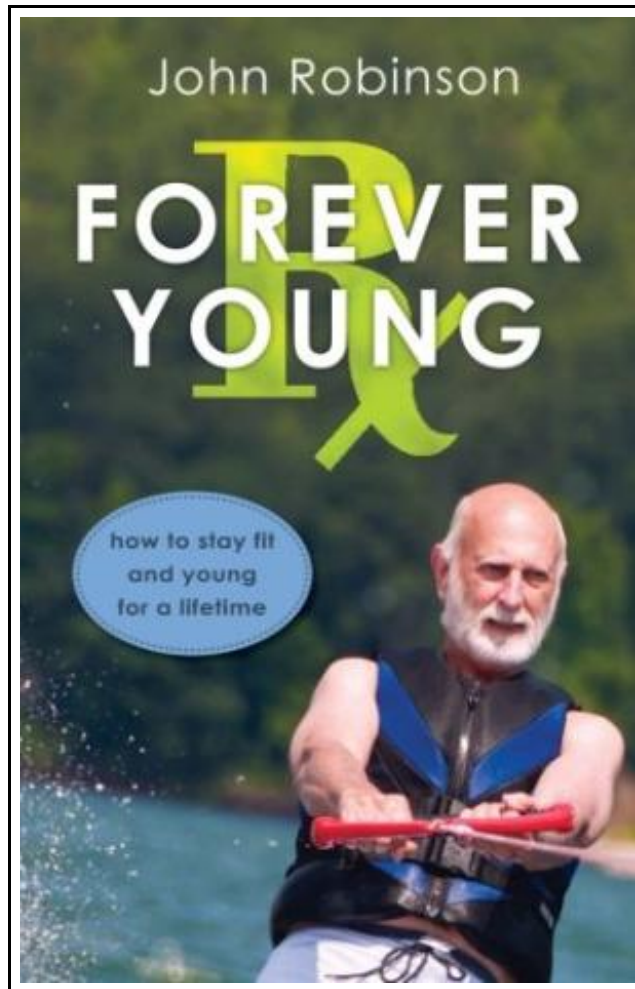


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FOREVER YOUNG RX: HOW TO STAY FIT AND YOUNG FOR A LIFETIME (PAPERBACK)



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Tate Publishing Enterprises, United States, 2012. Paperback. Book Condition: New. 211 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.Myth: As you get older, you won't be able to do all the fun, physical things you enjoyed earlier in life, like snow and water skiing, biking, and running, because of loss of bone density, lung capacity, balance, and muscle strength. Reality: A typical person will lose about ten pounds of muscle mass every decade and a considerable amount of bone density, lung capacity, and balance with time. The good news is that most of this degeneration can be avoided with the lifestyle I'm about to show you. According to certified personal trainer and senior fitness specialist, John Robinson, much of what people think they know about getting older is untrue. In fact, procrastination and lack of knowledge are the biggest detriments to extended quality of life. But his educational and inspirational guide, *Forever Young Rx, How to Stay Fit and Young for a Lifetime* will motivate you to action. Unlike most fitness manuals, there are no complicated scientific terms and charts. It's written in a simple format, as if you were one of his personal training clients in a one-on-one session. It's the perfect guide to a healthy lifestyle for any age group or fitness level. So put away your mental limitations and that donut in your hand, and pick up *Forever Young Rx*.



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