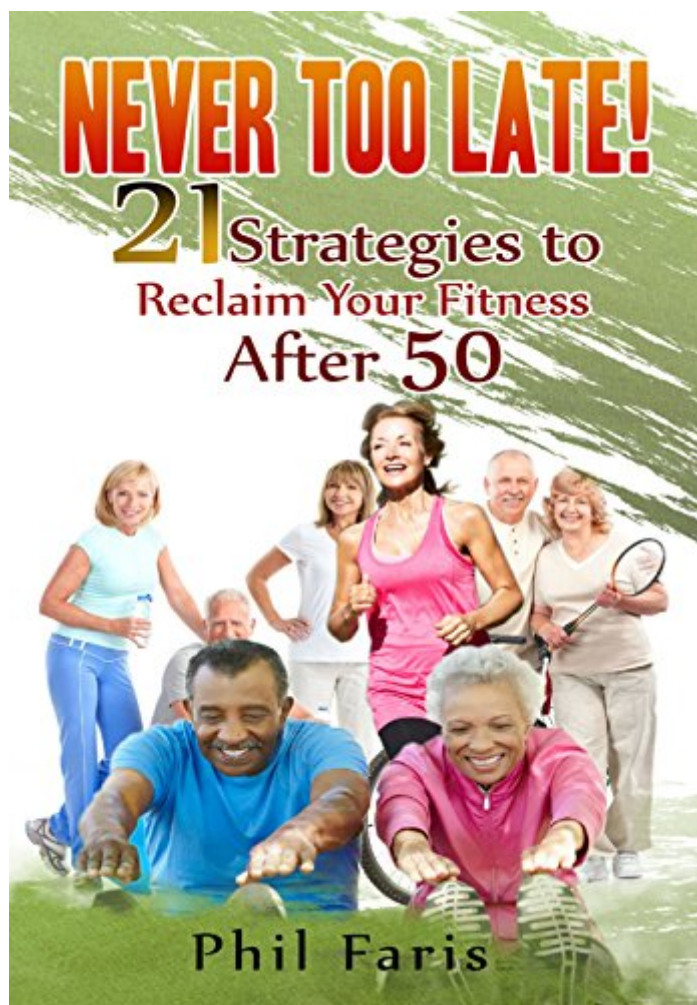


The book was found

Never Too Late!: 21 Strategies To Reclaim Your Fitness After 50



Synopsis

If you've finally decided to get fit, are coming back from a long layoff, an injury or illness, struggling to lose weight and keep it off or just tired of feeling sick and tired, this book is for you. *Never Too Late! 21 Strategies to Reclaim Your Fitness After 50* was written for people looking for answers and straight talk about fitness, nutrition and healthy lifestyles for people over fifty. Here's a glimpse of what you'll discover:

- How consulting your health care provider before starting a new fitness program can save your life
- How to set outcome and process goals to insure success
- What you must track to keep yourself focused and motivated
- What your fitness purpose is and how to use it to sustain your efforts even in times of stress
- What actions you can take to hold yourself accountable
- How and why you need to watch your pH balance
- Guidelines for drinking the right amount of water each day
- Specific strategies for eating consciously
- Guidelines for planning and preparing meals that will satisfy and help you lose fat
- How to reduce your caloric intake without feeling hungry or deprived
- Why it's essential that you get moving every day
- How finding the FUN FACTOR makes working out enjoyable
- Why building muscle is essential for long term health and fitness
- Why the need for getting flexible increases as we age
- Why we can't afford to overlook training our core
- How upping the intensity help you reach fitness goals faster
- Specific guidelines for getting the sleep you need
- Why lifestyle design is more important than willpower
- How listening to your body can prevent injuries, illness and give you confidence to succeed

Getting older doesn't have to be entirely bad news. It has a ton of positives as well and if you can stay fit and keep the aches and pains away you might just be able to enjoy the freedom, the respect and the knowledge that can only be gained with time! *Æ'*

Book Information

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Customer Reviews

Great book! I particularly liked the ease of reading combined with comprehensive and targeted coverage of a broad subject. Very impressive and impactful the way the book incorporates the author's life experiences into the strategies for lifestyle changes. Also, very helpful that it is geared to a life strategy of the 50+ age group. For example, the guidelines on starting a workout routine designed for this age group that addresses the impact of aging while providing steps to improvement and limiting the risk of injury is very important. This is a book that clearly and concisely guides the 50+ individual through the essential steps needed to make healthy lifestyle changes. It's up to the individual to follow the steps and reap the benefits for life.

After being in the fitness industry for 20 years and with the majority of my customers being over 50. I have read a lot of different fitness books regarding age and exercise, and I've recommended a few, but this book gets my highest recommendation. A real person's journey in fitness, with real set backs and real accomplishments. It reads like a blueprint for success in both fitness and in life. These principles and strategies are simply put, fundamentals for achieving fitness goals at any age. As a fitness professional I'd love for a client to come to my club armed with this book as their motivational tool for success. It's a must read.

As a member of the 'After 50' group known to many as geezers, Phil gives us great cause for optimism. The practical and effective tips shared in this easy-to-read book inspire me to press on with the workouts. More than my own physical benefits, Phil reminds us the benefits accrue to our family as well (provided they enjoy having us around). Thanks for the effort to write this and to keep

is simple Phil!

It is truly never too late to get active. Phil Faris's book is great for helping get ignited for success. Use it and watch your health improve!

This is a comprehensive book written by someone with a depth of experience in this area. I highly recommend the work to those who are looking for practical advice that works.

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