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Men's Health Over 50 - Stay Fit for Life Book (English Edition)

Stay Fit For Life Men's Health Over 50



Par CW Piper
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Dtails sur le produit Publi le: 2013-06-16
Sorti le: 2013-06-16Format: Ebook
Kindle

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Description :

Prsentation de l'diteurMen's Health over 50 is a book of tips and health advice for staying healthy over 50, interspersed with a large dose of common sense, suitable for any man reaching the age milestone who wishes to preserve fitness and quality of life over 50 years old.Stay Fit or Life by following this simple and insightful advice, discussing ways to improve your general health and continue to enjoy a full and active life.5 Star review ***** By c gebbie on kindle"This short book covers all aspects of men's health from diet

to prostate problems. It is easy to understand and explains how to maintain or improve your health as you age. The book is written specifically for men but most of the information would be equally useful to women."Chapter 1 - A Healthy DietChapter 2 - Regular ExerciseChapter 3 - Weight BalanceChapter 4 - Exercise Your MindChapter 5 - Common Over 50 ConcernsPrsentation de l'diteurMen's Health over 50 is a book of tips and health advice for staying healthy over 50, interspersed with a large dose of common sense, suitable for any man reaching the age milestone who wishes to preserve fitness and quality of life over 50 years old.Stay Fit or Life by following this simple and insightful advice, discussing ways to improve your general health and continue to enjoy a full and active life.5 Star review ***** By c gebbie on kindle"This short book covers all aspects of men's health from diet to prostate problems. It is easy to understand and explains how to maintain or improve your health as you age. The book is written specifically for men but most of the information would be equally useful to women."Chapter 1 - A Healthy DietChapter 2 - Regular ExerciseChapter 3 - Weight BalanceChapter 4 - Exercise Your MindChapter 5 - Common Over 50 Concerns