



Fit Body Fit Mind: Your Practical Guide to Aging Well

Mr. Lawrence S. Richardson Jr

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Looking for a fad-free, scientifically proven, and truly achievable program for absolute beginners and intermediate athletes of all ages to become healthier, lose weight, maintain a sharp mind, and age well? Do you want this valuable information in a concise book that won't waste your time? You just found it!

Fit Body Fit Mind: Your Practical Guide to Aging Well was written by International Sports Sciences Association certified Senior Fitness Specialist Lawrence S. Richardson, Jr., to give you productive techniques to improve your overall physical and mental health, so you, too, can get the most out of every precious day of your life. In other words, this book is for people who want to grow, not just grow old.

Fit Body Fit Mind: Your Practical Guide to Aging Well is jam-packed with information for adults of all ages who want to age well, including:

- Detailed, illustrated, step-by-step instruction for absolute beginner and intermediate athletes who need to know how to warm up, work out, cool down, and stretch with proper form and control to get the maximum benefit out of every exercise with little risk of injury.
- Advice on how to start working out with aerobic and strength training exercise programs, choose a location, buy appropriate athletic shoes, clothing and gear, and, if necessary, hire a personal fitness trainer.
- Guidance on how to build a healthy diet and stick to it, including several healthy and tasty recipes that anyone can make.
- Beginner advice for popular brain-boosting activities, from camping to photography and playing guitar to writing a blog.
- Information of value to people with chronic conditions, such as obesity, heart disease, arthritis, and diabetes.

Every recommendation in the fluff-free book will improve your life and ensure that you have the strength, mobility and independence you desire and deserve for your entire life. There are even FREE exercise and healthy cooking videos produced specifically to help you become more fit.

Buy **Fit Body Fit Mind: Your Practical Guide to Aging Well** and start growing a healthy new you today!

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