



Sexy, Single And Over 50: Tips for Weight Loss After the Big 5-0 (Over 50 Fitness And Weight Loss Exercise And Diet)

Michele Gilbert

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I believe that each of us has unlimited potential when it comes to losing weight and feeling great!

However, lack of planning and effective management strategies can prove to be far too detrimental to our desire for losing weight.

Just because you're over 50 doesn't mean you have to be unhappy with the way you look and feel. It's time to step up and get started on the path to looking super and feeling sexy.

The truth is, losing weight can be extremely difficult for men and women of any age. But it's been found that, for women, losing weight is even more difficult.

So what can you do? Well the best thing you can do is read this book.

Why? Because this book is all about your fitness, nutritional needs and your body, which is different after you turned 50.

We're going to help you understand some of the best things you can do, as a woman over 50, to help you lose weight.

Check this out...

Chapter 1: Age and Metabolism

Chapter 2: Understanding The Ageing Process

Chapter 3: Ageing 2.0

Chapter 4: Goal Setting & Weight Loss

Chapter 5: Lifestyle Tips For Maintaining Your Longevity

Chapter 6: How To Stay Organized

Chapter 7: Tips & Tricks For Effective Weight Loss

Chapter 8: Weight Loss Management Tips & Tricks

Chapter 9: Pro-Metabolic Foods & Recipes For Weight Loss

Chapter 10: Stretching Exercises For Losing Weigh

Chapter 11: The Helping Hand of Modern Technology

Chapter 12: Weight Loss Supplements

Chapter 13: How To Lose 10 Pounds In 4 Weeks With These Simple Tips

Read What People Have To Say

We all desire to be smart and healthy at the same time. But most of us think that losing weight is not possible especially when you over 50 years, but I assure you it just need dedication, some hard work, and a regular mind. This book is all about your fitness, nutritional needs and your body, which is different after you turned 50.

Although I am approaching 40's but yet this book attracted me and came to know what I wasn't aware. Just start from chapter 1, Age and Metabolism and then understanding the aging process. And at the end, the chapter 13 is exceptional "how to lose 10 pounds in 4 weeks with simple tips ". The author gave us his experience in shape of this book. This book deserves five stars.-Hill Jull

Aging is not an excuse to look out of shape. It is like making an excuse to not being healthy. The more we age, the more we should be careful with our health. I admit that I am not getting younger myself, that is why I make sure that every food I take are plain healthy because we are getting more fragile as we age. When I saw this book, Sexy,Single And Over 50, I bought it right away. First, the title can really get one's attention. Secondly, I want to still be in shape when I get to that age so why not start now? There are lots of healthy tips on this book and recipes. I found that there's more to this book than just be sexy.Ronald Abelmann

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