



## Fit Body Fit Mind: Your Practical Guide to Aging Well (Paperback)

By MR Lawrence S Richardson Jr

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Looking for a fad-free, scientifically proven, and 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 in a concise book that won't waste your time? You just found it! Every day, millions of people of all ages just like you walk, run, cycle, swim, dance, practice yoga, lift weights, draw, paint, shoot photos, play a musical instrument, and engage in dozens of other activities that promote fit bodies and fit minds. Their dedication to an active lifestyle and a healthy diet substantially increases the odds that they will live the long, healthy, happy, mobile, and independent lives we all desire and deserve. Here's your chance to join them! 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 techniques to improve your overall physical and mental fitness, so you, too, can get the most out of every precious day of your life...

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