



Getting Fit & Staying Fit In Your 40s, 50s and Beyond (Middle Age Doesn't Suck Guides)

Jim Laabs

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Being in your 40s, 50s or even 60s doesn't mean you have to "lower the bar" when it comes to your health and fitness. This book lays out an easy-to-follow, complete, and practical plan especially designed for men and women in their 40s, 50s and 60s. Included are step-by-step plans for strength training, cardio exercise, nutrition and stretching - all four of parts needed for a truly sound fitness program. Who says fitness can't be fun? The author makes this book interesting and fun to read, and you may even have a few laughs on the "fun road to fitness." Whether you need a minor fitness tune-up or a major overhaul, *Getting Fit & Staying Fit* has a plan that can work for you.

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