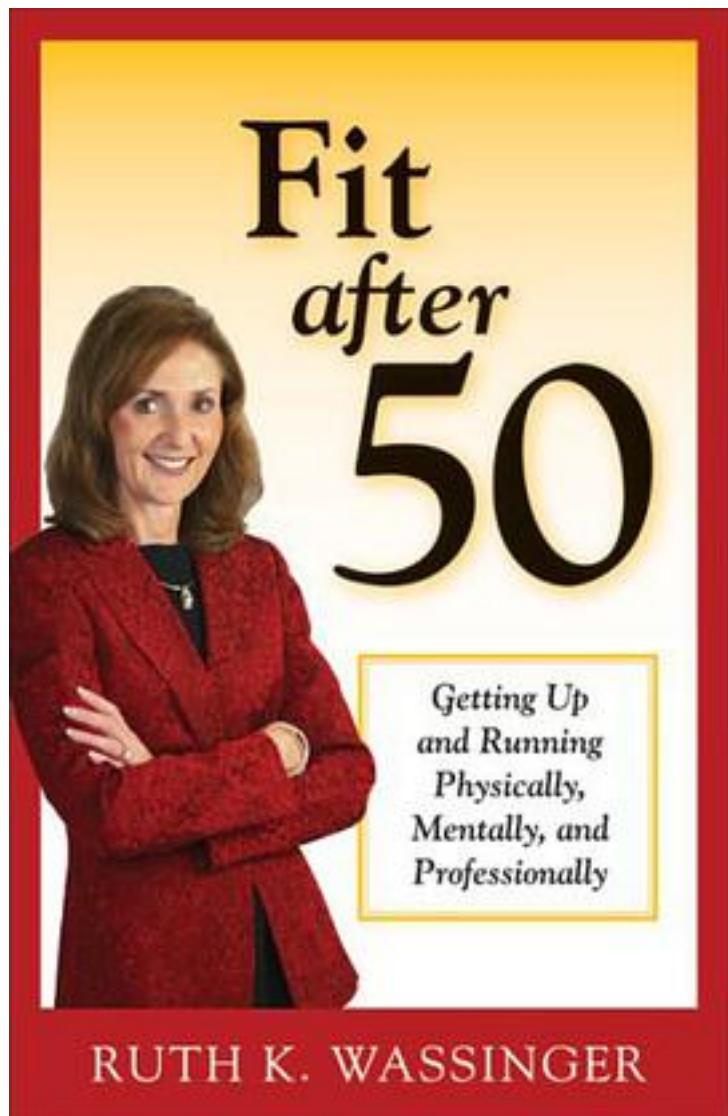


Fit After 50



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Written by a woman who began running marathons at 50 years old, this inspirational guide describes the physical, mental, and emotional benefits of exercise. It confronts the problem of obesity today--nearly 60 percent of Americans are overweight--and emphasizes that weight control becomes an even greater challenge with age. But as this handbook asserts, it's never too late to get fit. In nine easy-to-follow steps, the mechanics of an exercise program are clearly explained to help fitness first-timers devise their own regimens and become healthier in all areas of life.

作者介绍:

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