



Strength Training for the Over 50s: Stay Fit and Fabulous

D.Cris Caivano

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Statistically we will live longer than our ancestors - and some of us are beginning new careers and even new families at an age when our progenitors were sliding into peaceful retirement! By following the exercises, tips and suggestions in "Strength Training Over 50" you will achieve results and begin to look and feel fabulous. By following these proper techniques learn how to grow your own beautiful, strong muscles, thus slowing the apparent and biological age of your body. As your muscles grow stronger you will notice a marked increase in your energy level, your self-confidence and your independence.

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