



The Real Fountain of Youth: Simple Lifestyle Changes for Productive Longevity

Eraldo Maglara

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Make over the rest of your life! It's never too late to begin creating a healthier and fit lifestyle. Right now you are drawing the plans for the rest of your life. Much of what we think of as unavoidable effects of the aging process can be altered based on actions you take now. You may not be able to buy health but you can certainly invest in a healthier future.

The Real Fountain of Youth is quite simply a how-to book for transforming your life. Author and personal trainer Eraldo Maglara gives you step-by-step instructions on how to feel and look great as you age. Maglara offers plenty of "whys" to go along with the "how" of achieving the goal of maintain your activity level and independence, whether you're in your 40s or 50s, and even 60s and 70s – and beyond.

Featured are step-by-step instructions and a photographic guide to fundamental exercises, including modifications for different fitness levels. Interviews with professionals in the nutrition and chiropractic fields bring you a complete, well-rounded program for optimal, realistic and long-lasting results.



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