



Live Long, Live Strong: Keep Healthy and Fit For Life

Patrick Dale

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A guide to combining sensible exercise for body and mind with a nutritional plan designed to address many of the conditions that commonly plague older people

This sensible guide to nutrition and fitness for aging also includes information on improving brain power and minimizing one's risk of suffering a fall, one of the leading causes of becoming housebound. Medical science, reduced risk of injury, and improved technology mean that people are living longer than ever before—but are we leading better lives? Many people experience a significant reduction in quality of life as they age, sometimes spending their golden years as virtual prisoners in their own homes due to physical and mental incapacity. This is especially sad considering that many aspects of both physical and mental decline can be delayed, if not almost completely avoided. This comprehensive book addresses all aspects of mature health so that readers will be able to take on Old Father Time and give him a run for his money.

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