



# **Fitness After 40: Your Strong Body at 40, 50, 60, and Beyond**

*Vonda Wright*

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# Fitness After 40: Your Strong Body at 40, 50, 60, and Beyond

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As we age, our bodies change—but that doesn't have to impact our fitness level. We may not be teenagers anymore, but if we exercise smarter, we can remain youthful, energetic, and strong.

Dr. Vonda Wright is the creator of a unique exercise program tailored to the needs of mature athletes. In *Fitness After 40*, you will learn how to:

- Understand your body, and approach exercise in a new way
- Maximize your fitness while minimizing injury
- Gain flexibility
- Benefit from aerobic exercise
- Build strength through resistance training
- Improve balance
- And much more

Now in its second edition, the book includes targeted "20 Minutes to Burn" workouts, a 6-week total-body plan, and new information on nutrition, injury prevention, joint preservation, the mind/body connection, and more. Whatever your age or activity level, *Fitness After 40* will get you motivated, get you moving...and feeling better than ever.

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#### **Anthony Jarrard:**

People live in this new morning of lifestyle always make an effort to and must have the extra time or they will get large amount of stress from both lifestyle and work. So , if we ask do people have extra time, we will say absolutely sure. People is human not a robot. Then we request again, what kind of activity are you experiencing when the spare time coming to you of course your answer will probably unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative inside spending your spare time, often the book you have read is definitely Fitness After 40: Your Strong Body at 40, 50, 60, and Beyond.

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