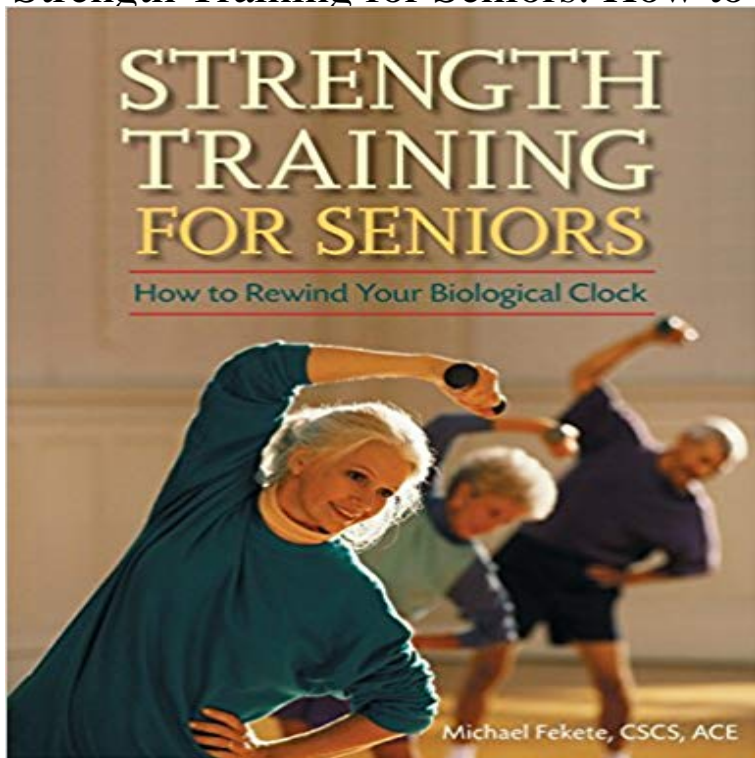


Strength Training for Seniors: How to Rewind Your Biological Clock



Regular exercise can reduce a person's biological age by 10 to 20 years, and the key to exercising effectively is maintaining and increasing strength. A higher level of strength also improves immune systems, helps prevent age-related diseases such as diabetes and osteoporosis, lowers stress, and increases mental acuity. Written by a master athlete over 50, this accessible book offers specific exercises for improving health and fitness, tips on maintaining and increasing mobility and motor skills, nutritional advice, strategies for stress management, and worksheets for personal strength training schedules.

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