



Reclaiming Your Youth: An Introductory Guide To Fitness For Seniors And Baby Boomers

Philip Smith

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Looking To Get Back Your Vigor And Energy For Life? Revealed! The Secrets To Creating Energy To Do The Things You Want To & Discover How To Reclaim Your Youth...Starting Today! Read on below to see exactly how you can enjoy the best of life in these golden years by starting & implementing an exercise routine that will have you feeling youthful once again! Do you wake up in the morning feeling lethargic? Do you wish you had the energy to run around with kids once again? Feel stiff and aching bones? If you answered yes to any 1 of those 3 questions then pay attention because what you are about to read in the next few minutes could change your life Firstly, What exactly is the problem? Generally it is inactivity. Studies have shown that it only takes a few days of lying in bed to start losing your strength, flexibility and balance. Once this happens you are at risk of beginning the dreaded downward spiral. What is the downward spiral you ask? The Downward Spiral is the Problem Well, let's say you are feeling under the weather one day. You are retired so end up spending a few days in bed or on the recliner watching TV. After a while the chores start piling up. Finally you get up one morning and... "oops" you lose your balance — falling on the floor! If your hip is not broken you likely have a nasty bump somewhere. The pain causes you to spend more time in bed... day by day getting weaker and weaker. Then out comes the cane or walker. You begin to go outside of the house less and less because it is harder to walk. Daily chores and activities become increasingly more difficult like cooking, shopping and taking a shower. You spend more time in the recliner and bed. Well...you get the picture. Moral of the story? Yes, you guessed it...Use your head...don't stay in bed! "Mom and Dad are just not as active as they once were, and I am worried they will fall down" On the other hand, maybe you are the child of an elderly adult. When your parents live alone and are inactive, you may worry about him or her falling at home. This is often a big concern of family members. Exercising and staying active will improve their chances of staying safe. Staying active, sensibly exercising and following a healthy lifestyle can add years of productive and functional living to your life. So if the problem is inactivity. What is the solution? Where do I begin? Introducing Reclaiming Your Youth An Introductory Guide To Fitness For Seniors And Baby Boomers Here's Exactly What You'LL Get You're Only As Old As You Feel - Why Do I Feel Like This Learn Exactly The Steps Needed To Embark On An Exercise Plan Discover The Pillars To Great Exercise Ways To Stay Active And Keep Things Fresh And Full Of Variety Sample Gym Exercise Routine Weight Lifting...Is It Safe? Intimacy In Your Golden Years - Exercise Can Greatly Improve It And Much, Much More.. Get Instant Access Right Now

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