



## Fit Over 40 Challenge: Six Weeks to Lose Fat, Build Muscle and Feel 20 Years Younger (Hardback)

By David McGarry

Ainsley Allen Publishing LLC, 2017. Hardback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Baseball great Mickey Mantle once said, If I knew I was going to live this long, I d have taken better care of myself. If you are rolling into your 40s, 50s or beyond, and your body just doesn t look and feel as young and active as your mind, then it s time for you to take the Fit Over 40 Challenge. Is it realistic for a 40 plus person, who hasn t exactly been kind to their bodies in quite some time, to expect to turn back the clock 20 years. or even get in the best shape of their life? Can this be done without some crazy fad diet or having to work out like a Navy Seal? David McGarry says Absolutely! In fact, today at 43 David is in better shape than he was the day he got out of college. And so are many of his clients that are in their late 50s. For the past two decades, David McGarry has helped hundreds of men and women transform their lives by working with them to improve...



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