



## Living Fit After Fifty - A Guide for the Post-Menopausal Woman (Paperback)

By Carol Ann Haines

Bearhead Publishing, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Post-menopausal women battle fatigue, stress, and weight gain, especially belly fat, according to the International Journal of Obesity. But, unlike our mothers, our generation wants to fight back. For us, sixty is the new forty. But, where do we go for our battle plan? Unable to find a program addressing the specific fitness needs of post-menopausal women, author and woman living fit after fifty, Carol Ann Haines, compiled this all-inclusive handbook to get us looking and feeling younger. No matter your fitness level, these pages will help you get the most out of this wonderful time of life. Join us in a positive approach to healthy living as we begin Living Fit After Fifty.



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