



## The Ageless Boomer: Living Young for the Rest of Your Life (Paperback)

By Rod Fisher

Ropetree Press, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Living young for the rest of your life. The Ageless Boomer offers you another vision of aging, and the path to reach it is not complicated. With simple changes to eating, exercise, and stress management habits, you can experience a host of benefits: - Prevent and reverse chronic ailments like heart disease and diabetes - Boost your energy to levels you haven't felt since high school - Make your body strong, flexible, lean, and fit without pain From stickball and hula hoops to Jane Fonda workouts, Baby Boomers were once among America's healthiest generations. Unfortunately, during the past several decades, Baby Boomers have seen massive increases in health problems such as heart disease, cancer, diabetes, and more. Most, if not all, of these problems stem from our lifestyle choices-too much time on the couch, too much stress, and too much poor food in our diets. But Rod Fisher, a Boomer himself, has great news. Rod lays his whole system out for you in this book. His own remarkable vitality and health is the best proof that you can live...



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