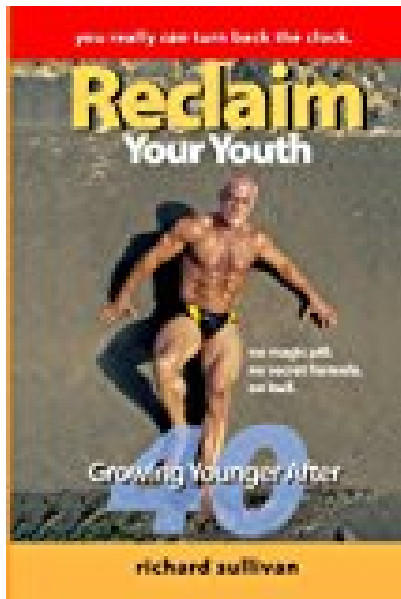


Reclaim Your Youth Growing Younger After 40 You Really Can Turn Back The Clock



BOOK DETAILS

- Author : Richard Sullivan
- Pages : 174 Pages
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BOOK SYNOPSIS

Beginning at age 30, men and women lose 7% of their lean muscle mass -which is literally the fiber of our being-every decade there after. By the age of 50, that amounts to 15%, The only solution is challenging ongoing physical activity, specifically strength training, to rebuild lost bone and muscle, and regain the physical form of youth. The Gold Standard for reclaiming youth is to literally build, or rebuild, your body, muscle and bone, through strength training. Reclaim Your Youth: Growing Younger After 40 educates the reader on how to perform exercises that rebuild muscle and bone for maximum results in half the time.

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