

Get Stronger, Fitter, and Healthier for an Active Later Life

As we age, it's important to stay active and healthy. But what does that mean, exactly? And how can we make sure we're doing everything we can to live a long, healthy, and fulfilling life?

This book is your guide to getting stronger, fitter, and healthier for an active later life. It covers everything from nutrition and exercise to stress management and sleep. With this book, you'll learn how to:



Pilates for Living: Get stronger, fitter and healthier for an active later life by Harri Angell

★★★★☆ 4.7 out of 5

Language : English
File size : 85521 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 428 pages



- Eat a healthy diet that will help you maintain a healthy weight and reduce your risk of chronic diseases.
- Get regular exercise that will help you build strength, improve your balance, and reduce your risk of falls.

- Manage stress and sleep well, which are both essential for overall health and well-being.

This book is packed with practical advice and tips that you can start using today. Whether you're just starting to think about your later years or you're already in retirement, this book will help you make the most of your golden years.

What's Inside

This book is divided into four parts:

1. **Part 1: Nutrition**
2. **Part 2: Exercise**
3. **Part 3: Stress Management**
4. **Part 4: Sleep**

Each part covers a different aspect of healthy aging. You'll learn about the importance of eating a healthy diet, getting regular exercise, managing stress, and getting a good night's sleep. You'll also find tips and advice on how to make healthy choices and live a more active and fulfilling life.

Who Should Read This Book?

This book is for anyone who wants to live a long, healthy, and fulfilling life. It's especially helpful for people who are:

- Approaching retirement
- Already retired

- Concerned about their health
- Looking for ways to improve their quality of life

If you're ready to make a change for the better, this book is for you.

Free Download Your Copy Today!

This book is available now in paperback and ebook formats. Free Download your copy today and start living a stronger, fitter, and healthier life!

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HARRI ANGELL

PILATES FOR LIVING

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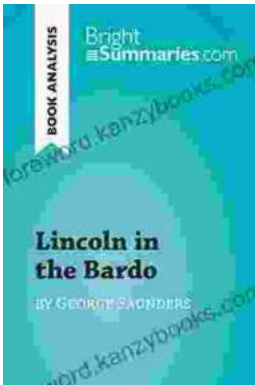
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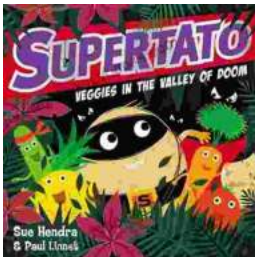
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