



Body Sculpting Exercises for Women Over 40

By Andy Charalambous

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Body Sculpting Exercises for Women Over 40 is a 7 chapter, no fluff guide for any woman who wants to look and feel the best they can be. As with all the, Fit Expert Series books this volume delves into the heart and soul of looking great at 40 and beyond. As we get older our bodies change and gravity begins to kick in. We lose more and more muscle tone and so in order to stay strong and look youthful we need to incorporate a regular health and fitness program into our lives. Now that doesn t mean you have to train seven days a week for 4 hours a day and eat like a rabbit. No, you need to live your life, but you also need to take a little extra care of your body as you age. Who Can Benefit from this Book? First of all you don t have to be aged 40 to enjoy the benefits that this book has to offer. All information provided is primarily directed at the older woman but...

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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Otis Wisoky

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- Dr. Everett Dicki DDS