



## Fitness, Health Longevity a Personal Journey (Paperback)

By Frank Manganello

Balboa Press, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. FITNESS, HEALTH AND LONGEVITY A Personal Journey is my story about the passion I have for fitness and exercise and to provide information that I feel is useful in today s fast pace world. It s more than illustrations and descriptions of exercises. It s my desire to share the amazing changes that happen to people, not just physically but emotionally and spiritually as well. From witnessing teenage high school students experience, for the first time, their strength potential, to those who are middle age on the edge of becoming a candidate for requiring prescription medication to needing no medication at all, and finally seniors who were fragile become fit, energetic and agile is so extremely motivation that I became inspired to undertake this project and share it with you. FITNESS, HEALTH AND LONGEVITY A Personal Journey takes you into my life as a personal trainer, strength and conditioning coach, and a person whose life changed dramatically once my calling was realized and fulfilled. I share my discovery that because we all are body, mind and spirit, you too can expect dramatic changes...

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