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STAY FIT AND FANTASTIC OVER 50



W Foulsham & Co Ltd. Paperback. Book Condition: new. BRAND NEW, Stay Fit and Fantastic over 50, Jack Hay, The population may be ageing, but the over 50s want to make the most of their lives. They have the time and the resources to be fitter, healthier, sexier and more adventurous than ever. This book gives them the blueprint for a longer and healthier life by keeping both mind and body energised. Here's just a snapshot of what it includes....

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- Authored by Jack Hay
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