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# **GETTING OLDER - MOVING SMARTER: WALKING AND RUNNING TIPS**



Createspace, United States, 2015. Paperback. Book Condition: New. Large Print. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. What if your best days aren t behind you? What if your future holds more than simply watching TV and snacking all day? What if you are still capable of achieving impressive physical feats? It was questions like these that moved author Joe Sinclair to decide to become a marathon runner- after turning sixty-two. He soon...

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- Authored by Joe Sinclair
- Released at 2015



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