



# Getting Fit & Staying Fit In Your 40s, 50s and Beyond (Middle Age Doesn't Suck Guides)

*Jim Laabs*

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**Getting Fit & Staying Fit In Your 40s, 50s and Beyond (Middle Age Doesn't Suck Guides)** Jim Laabs  
Being in your 40s, 50s or even 60s doesn't mean you have to "lower the bar" when it comes to your health and fitness. This book lays out an easy-to-follow, complete, and practical plan especially designed for men and women in their 40s, 50s and 60s. Included are step-by-step plans for strength training, cardio exercise, nutrition and stretching - all four of parts needed for a truly sound fitness program. Who says fitness can't be fun? The author makes this book interesting and fun to read, and you may even have a few laughs on the "fun road to fitness." Whether you need a minor fitness tune-up or a major overhaul, *Getting Fit & Staying Fit* has a plan that can work for you.

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