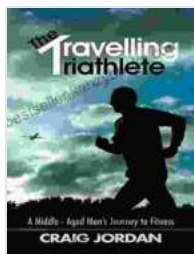


Middle-Aged Man's Journey to Fitness: A Transformative Guide to Reclaiming Your Health and Vitality

Are you a middle-aged man who is ready to make a change and get fit? If so, then this book is for you.

Middle Aged Man Journey To Fitness is an inspiring and practical guide for men who are looking to improve their health and fitness. This book provides everything you need to know to get started on your fitness journey, including:



The Travelling Triathlete: A Middle - Aged Man's Journey to Fitness by Craig Jordan

★★★★★ 5 out of 5

Language : English
File size : 939 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 303 pages



- Creating a personalized workout plan
- Setting realistic goals
- Overcoming common challenges
- Eating a healthy diet

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- Lose weight
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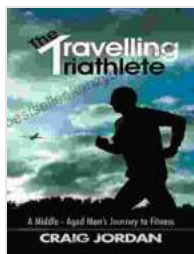
advice, and I highly recommend it to any man who is ready to make a change." "

- Dr. Mark Hyman, author of *The Blood Sugar Solution*



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- Dr. David Katz, author of *The Truth About Food*



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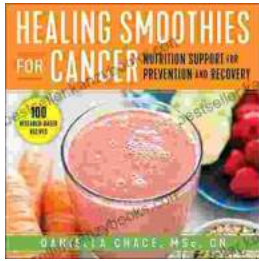
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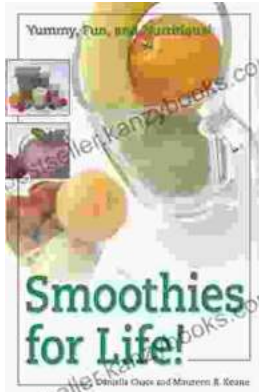
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