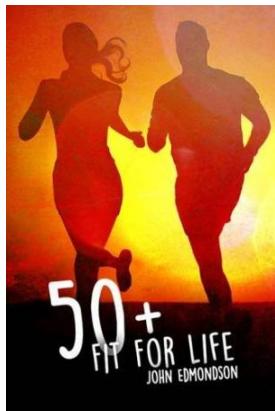


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## 50+ FIT FOR LIFE



Austin Macauley Publishers, United Kingdom, 2016. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book. 50+ Fit For Life was written as a self-help guide to help you achieve health and fitness as you move through middle age and into retirement. The author has done extensive studies into why you should eat the right foods to help fend off debilitating diseases. Also how to eat often to maintain energy levels. He couples this with extensive...

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- Authored by John Edmondson
- Released at 2016



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