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A Man's Way

Exercise, Nutrition, and Well-Being After Age 40

Authors: Jean-Marc Delorme (Text) - Fabien Doguet (Text)

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Category : Practical Books

Genres : Well-Being/Self-Help - Sports/Games - Lifestyle - Food and Drink - Business/Professional

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A handy practical guide to getting in shape and staying that way. Tips and tricks to living your best 40s (and beyond)!

Trainer Jean-Marc Delorme and cardiac surgery professor Fabien Doguet reveal their secrets to prepare readers for the first signs of the body's aging.

Here are some keys for success:

- Regular physical activity (running, swimming, biking) with deep involvement and specific goals
- A balanced diet catering to actual needs
- Self-care tailored to individual occasions

A handy practical guide to getting and staying in shape. Tips and tricks to living your best 40s (and beyond)! It's all up to you!
