



## How To Be Fit and Fabulous at Forty, Fifty, Sixty and Beyond (Paperback)

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By Emily Rose Johnson

AUTHORHOUSE, United States, 2005. Paperback. Book Condition: New. 274 x 211 mm. Language: English . Brand New Book. Wouldn't it be nice to maintain your weight and good looks as you grow older? The thought of looking the same at forty years old as you did at twenty is the ultimate dream of most women. And then to look forty when you are sixty is an even more desirable dream. As women age, the average woman increases her weight at a rate of approximately twenty percent every ten years. This weight increase is one of the number one reasons why women develop heart disease, diabetes, high cholesterol, and ultimately suffer from strokes. How to be Fit And Fabulous At Forty, Fifty, Sixty, and, Beyond is a road map to obtaining good health and maintaining your youthful appearance.



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