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Fit Over 40 Challenge: Six Weeks To Lose Fat, Build Muscle And Feel 20 Years Younger



Synopsis

Baseball great Mickey Mantle once said, "If I knew I was going to live this long, I'd have taken better care of myself." If you are rolling into your 40s, 50s or beyond, and your body just doesn't look and feel as young and active as your mind, then it's time for you to take the Fit Over 40 Challenge. Is it realistic for a 40 plus person, who hasn't exactly been kind to their bodies in quite some time, to expect to turn back the clock 20 years... or even get in the best shape of their life? Can this be done without some crazy fad diet or having to work out like a Navy Seal? David McGarry says "Absolutely!" In fact, today at 43 David is in better shape than he was the day he got out of college. And so are many of his clients that are in their late 50s. For the past two decades, David McGarry has helped hundreds of men and women transform their lives by working with them to improve their health and quality of life through his personal training and fitness coaching. Now he's made one of his most powerful and successful systems available to the masses. The FIT OVER 40 CHALLENGE doesn't just focus on weight loss but helps you create the mindset necessary and to recognize the limiting beliefs that are preventing you from achieving your fitness goals. Let David coach you through the FIT OVER 40 CHALLENGE so you break those barriers and reach a level of fitness you didn't think was possible at your age.

Book Information

File Size: 856 KB

Print Length: 68 pages

Publisher: Ainsley & Allen Publishing (January 13, 2017)

Publication Date: January 13, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01MUB06D5

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #535,599 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #65

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Customer Reviews

Practical, no-nonsense, and useful guidance for getting fit. Great resources online for support.

I was kind of in a slump, feeling a little ho hum & definitely needed a kickstart again, we'll I'm halfway through the book in a day, already rejoined my local gym & Gary has encouraged me through his book to get going & change my habits. This is totally doable! I can do this!

Great read! I loved the idea of 12 week goal cycles instead of 1 year! Many of the principles of goal setting/following can be used for non-fitness related goals as well!

I haven't read very many fitness books because I don't really enjoy working out or dieting but I'm glad I took the time to read this one! Mr. McGarry kept it interesting by sharing stories from his own life. He makes staying healthy seem so doable! I really liked his suggestion to set goals that are for a shorter period of time. It's so easy to keep putting things off when the deadline of my New Year's Resolution is at the end of the year, twelve months away. A shorter time frame keeps me accountable. And I had never heard the idea of pledging to donate money to an organization I DISAGREE with if I don't meet my goal. I can imagine in today's volatile political environment, that's sure way to stay committed! Most of us don't want to give money to the "other side"! I highly recommend this great book!

There is tons of great information in here... wonderful online resources and lots of good energy. It's nice to find someone that just tells it like it is and doesn't sound like a know it all. He uses life experience to explain things which makes the book very relatable.

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Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan,
Dukan, Belly Fat) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism
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