

Just What is Fit Over 40?

This is a publication which is nothing like anything else before that has been published in relation to health, fitness and personal development. It is both an inspirational as well as compelling publication that both enlightens and educates the reader. But best of all Fit Over 40 forces a person to reach deep inside themselves for answers and solutions to their problems no matter what their age. During reading this publication which contains the efforts of 50 individuals who have struggled against overwhelming odds in order to succeed at attaining much better health and success in their lives. What the Fit Over 40 publication does it empowers the reader to attain weight loss and personal health goals by providing them with all the tools they need in order to achieve this. Such tools included in it are a series of role models who provide the reader with inspiration along with specific diet and exercise information. All these tools combined help to manipulate the power of a person's subconscious mind into making sure that the deck is stacked in their favor. The Fit Over 40 book is divided up into 3 sections. The first relates to Jon Benson's Journey and it will show you how he overcome the many problems that were associated with him having obesity and how during this section you will travel with him on his road to recovery. During this section you will learn several vital lessons. In section 2 this is about all the role models in the book and will introduce you to each one of them. During this section not only will you see the "before and after" photographs but each individual outlines their own core philosophy before they provide more details about their eating and exercise programs. In this section it is divided up into the following age categories:-1. 40 to 49 year olds2. 50 to 59 year olds3. 60 to 69 year olds4. The 70+ group (Yes in this you will find information on one 77 year old woman (a grandmother) who trains and competes in bodybuilding competitions along with her 48 year old daughter). Whilst Section 3 provides you with the Training and Mental Strategies from Tom Venuto. By sticking with his mental strategies you will soon learn that a belief is a form of subconscious programming which governs how a person behaves. So by learning that the first step in order to make a change is to take down a note of your beliefs and work on ways in which you can change them to stop them from limiting your potential. So if you are looking for a way to change the way you are living and so have a much healthier and happier one then you should look no further than Fit Over 40.

About the Author

Practical advice on healthy eating and an active lifestyle, combining a balanced.

Source: <http://www.productsherbal.com>