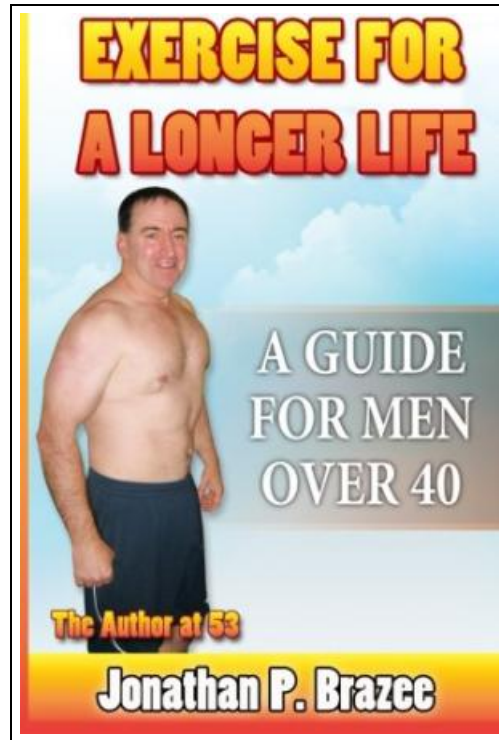


Exercise for a Longer Life: A Guide for Men Over 40



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EXERCISE FOR A LONGER LIFE: A GUIDE FOR MEN OVER 40



Semper Fi Press. Paperback. Condition: New. 76 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.No Pain Means No . . . Pain and Yet a Longer Life An overwhelming body of science has changed the way we think about exercise and health. The key to a longer life is exercise, but exercise in moderation. Moderate resistance training can increase a mans lifespan by an average of seven years, and moderate cardio can increase it by close to six years. While a sedentary lifestyle shortens both life spans and quality of life, extreme training can actually shorten lifespan as well, especially for endurance athletes. It is not just lifespan that improves with moderate exercise. Overall health, sex, and mental functions all benefit with the proper exercise regimen. This guide targets the over-40 man who wants to get back into shape. Luckily, even those in the 80s and 90s can see positive results from exercise, particularly resistance training, so it is never too late. However, as we age, we are more susceptible to injury, so care must be taken to design an exercise regimen that maximizes benefits and minimizes wear and tear and injury. The first part of the book summarizes the results of hundreds of studies that examined the effect of exercise and strength on longevity. The science of exercise has changed dramatically over the last 20 years. What we were taught when we were young is now considered faulty and even harmful. This section of the guide pertains to everyone, men and women, of all ages. The second part of the guide examines some of the considerations an older man needs to take into account when starting his exercise program. Jumping right into the gym without an appropriate plan will probably do more harm than good. The third part of the..



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