

CHARLES EUGSTER

Age
**is just a
number**



**WHAT A 97 YEAR OLD
RECORD BREAKER CAN TEACH US
ABOUT GETTING OLDER**

Charles Eugster

Age is Just a Number: What a 97 year old record breaker can teach us about growing older



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Retired dental care surgeon Charles Eugster rekindled a love of competitive rowing he'd neglected for most of his adult life at age 63. And he shows his readers how taking on new challenges, learning new things, and improving your body as it ages is not only fun, but satisfying for the average person, and beneficial to culture. He is a global record holder for his age group in a number of sports, and has 40 Gold Medals for Globe Masters Rowing. And at age 95 he began sprinting for the first time in his life, becoming World Champion at 200m interior and 400m outdoor. In this reserve, Charles shares his trip and his passionate belief that getting older needn't gradual you down. He took up bodybuilding at the age of 87.



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Inspiring autobiography of fitness, and being engaged with life into the upper years. More of a lifestyle story than a how-to publication. But he wasn't as well shy in his senior years to go up to a bodybuilding champion and ask to learn into beach-body shape! gives you hope for ageing in a wholesome & It's an authentic exposure to the potential of the maturing human body, along with realistic accommodations near the end of existence. We could all do with a bit more audacity to reach our dreams. This guy had the money to use expert trainers and gyms, something many people will not have access to. It had been interesting, though, and toward the end there are loose tips for keeping fit. I came across it inspiring, and it helped to create parameters for my very own fitness journey. It isn't about fitness; It's great to visit a robust option to shuffling down the carpeted halls of a care home. There's really minimal literature on medical and fitness prospect of the elderly. We need more science and more inspirational stories from real people. This is a worthy contribution. it's also about staying engaged with life and having a purpose, and not retiring as well abruptly and completely. The book just seemed just a little tedious for me about his diet etc He appears to be an impressive person, he motivates & It is also obvious that with age, also the most fit person has a decline in ability. positive way. The book just seemed just a little tedious for me about his diet etc., but overall motivational



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