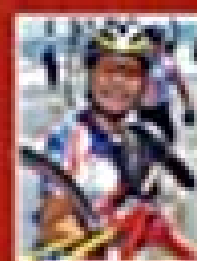
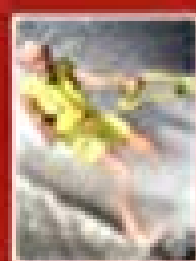
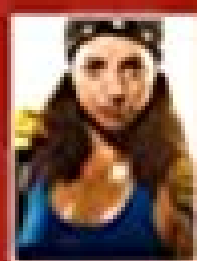


50 Athletes Over 50



Teach Us
to Live a Strong,
Healthy Life

DON MCGRATH, PH.D.

www.50athletesover50.com

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50 Athletes over 50: Teach Us to Live a Strong, Healthy Life



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DISCOVER HOW ATHLETES OVER 50 Business lead EXTRAORDINARY LIVES! What does it try continue to participate in athletic activities and sustained exercise afterwards in lifestyle? In his final summary, McGrath examines the behaviors and attitudes essential for all of us to have health and satisfaction via an active life.s or 30's? True tales from his spectacular interviewees will motivate you like no others. You will be intrigued and inspired by the answers to these queries from Don McGrath's book about 50 interviews of athletic people over 50 years old. Do you wonder if, or when, you have to give up your activities? Many of McGrath's subjects never imagined that they would be function models for exercise and good wellness. Still, through the use of a common set of features, they have broken amazing mental and physical barriers to succeed. Sandy Scott, 69, who broke a vertebrae at age 65 and four years later won a state cycling 20k championship; or 75-year-aged veteran tap dance Gene GeBauer. Peek in to the lives of Linda Quirk who ran seven marathons on seven continents at age 55, and in 2010 2010 plans to perform across four of the globe's largest deserts;s life-style helps us to understand how to consider responsibility for our good being.S. health issues at the forefront, the athlete' With U. Lessons learned from these interviews can help us prevent doctors' offices, stave off diseases, and also have more pleasure and contentment. How will it change from managing these activities when you are in your 20' If you would like to know the secrets of those who are still going strong in athletic activities in their later years, after that this is actually the book for you.



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