

JUST MOVE!

A NEW APPROACH TO
FITNESS AFTER 50



James P. Owen

BEST-SELLING AUTHOR OF *COWBOY ETHICS*

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This step-by-step guide, written by a best-selling author and former Wall Street titan, provides all the information— On the way he learned why cardio devices aren't enough, what it takes to be "functionally fit" for lifestyle, and how to stay motivated. you have to experience better, reduce pains and aches, and push back against aging with a personalized fitness routine that's ideal for you. Today, Owen can be in better shape than he was at 25, and he is a passionate evangelist for fitness as a way of life. Whatever your fitness goals or preferences, this book is designed to help you pursue the health program that works for you personally. An inspirational speaker, writer, and former Wall Street rainmaker, Jim Owen was 70 when he decided he had The book is divided into two sections, with the first providing fascinating information and the second showing step-by-step details of how to put the best fitness principles into practice. Years of a chair-bound life-style were acquiring their toll. Recognizing that the previous bodybuilding approach was no chance to tackle the stiffness, weakness, and pains and aches that include age, he set off on a trip of discovery and transformation. He has proved you don't have to be powerless in the face of advancing years: if you make a committed action to "simply move," you can take charge of the aging process and make your coming years the best they can be. and inspiration— With help from professionals, he created a common-sense, step-by-stage program that can be tailored to any level of physical ability. to get fit.



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