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# THE WELLNESS ROADMAP

A STRAIGHTFORWARD GUIDE TO  
HEALTH AND FITNESS AFTER 40



**ALLAN MISNER** NASM  
CPT

Host of The 40+FITNESS Podcast

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*Allan Misner*

## **The Wellness Roadmap: A Straightforward Guide to Health and Fitness After 40**



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As we age, it can get harder and harder to lose weight and stay fit. It all stops; Stop wasting time with crash diets and training applications created for millennials. This all-inclusive fitness guide will get us where we need to go. unique requirements and abilities while offering invaluable path for choosing sustainable training, nutrition, and recovery plans that suit our specific workout goals. And he introduces the concept of the Wellness Gps navigation to keep us concentrated on the way. In The Wellness Roadmap, certified fitness expert Allan Misner provides effective tools for middle-agers who want to live happier, healthier, and fitter lives. He assists us understand our bodies'; Decades of poor workout and eating habits make achieving wellness after age 40 substantially different from staying healthy inside our 20s.s never too late to improve your health and match. The Wellness Roadmap teaches you the way to an improved life.



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Finally some True and practical advice and direction. Cannot wait around to see the outcomes of living this practical, healthful lifestyle. Have just started scanning this, and am already impressed that there surely is no promise of "a complete new body in 30 days" attitude. Well crafted, useful, and entertaining so far. Its just what ive been searching for. New, essential and permanent changes forward! I simply received it yesterday. Am no spring chicken, therefore no longer prone to buying into unrealistic and permanent healthful changes in lifestyle imbedding in 30 days.



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