



Fitness After 40: How to Stay Strong at Any Age

Vonda Wright M.D.

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It's one of the undeniable facts of life. After we reach a certain age, our bodies change. No matter how fit we may have been at 20, we're very different people after 40. But growing older doesn't have to diminish our fitness level. The good news is that not only can we retain the vigor of our youth, we can actually perform as well, if not better, than ever. Dr. Vonda Wright is the creator of a unique medical program specifically designed to target the fitness and performance needs of mature athletes. In "Fitness After 40," she shows readers how to use flexibility, aerobic exercise, and strength training to maximize the benefits of their fitness regime. By following her proven program, anyone can learn to: understand their bodies and approach exercise and injury in a new way - make the most of their exercise routine during a busy week - hydrate and understand how to eat right - avoid injury to rotator cuffs, lower back, knees, and legs - maximize stretching, running, and weight training Complete with a nutrition plan and an exercise program for older athletes, "Fitness After 40" will help everyone regain the energy of their youth and look and feel better than ever.

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