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in his book how to stay healthy fit for life author and fitness expert steve michael explains how the american diet and life style contribute to the alarming state of unhealthiness in our country and reveals the simple diet and exercise regimen that keeps him at age 72 as fit as a twenty five year old

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it is scientifically proven that what you eat how you exercise and your lifestyle in general can affect the aging process

the editors of men s fitness magazine and a distinguished 22 member editorial board present the ultimate reference for men seeking to maximize all aspects of their well being physical emotional and psychological specific ways to maintain good health and prevent disease are stressed in each chapter and numerous sidebars charts and self tests make the information very accessible

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