

Get Fit Stay Well Edition

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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

this book by a nationally known and respected health care forecaster examines the entire health care field and gives concrete reasons why there will be revolutionary changes in the field between now and the end of the century the author points out the trends threats and opportunities that lie ahead for health care professionals in addition to providing a forecast of the future the book includes numerous strategic recommendations that will help the reader prepare now to take advantage of the changes

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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