



Healthy Aging For Dummies®, Mini Edition

Brent Agin, Sharon Perkins

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Healthy Aging For Dummies®, Mini Edition Brent Agin, Sharon Perkins
Set healthy aging goals, take action, and get on the road to lifelong wellness

Find the secrets for keeping your body fit and your mind sharp. Packed with proven strategies to slow down the aging process — from good nutrition and exercise to stress reduction and mental exercises — this fun and easy guide shows you how to stay fit and vigorous no matter what your age.

Open the book and find:

- How to eat healthfully
- How to keep your whole body healthy and strong
- Ways to be proactive on disease prevention
- Advice for maintaining vitality as you age

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