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Senior Fitness: The Diet and Exercise Program for Maximum Health and Longevity

Ruth Heidrich

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Senior Fitness: The Diet and Exercise Program for Maximum Health and Longevity Ruth Heidrich
The senior years don't have to be filled with aches and pains. At age seventy, Ruth Heidrich has the bone mass density of a woman in her early thirties and a resting heart rate of forty-four. Since being diagnosed with breast cancer at the age of forty-seven, she has won more than nine hundred athletic trophies and medals and has been cancer-free for more than twenty years.

In **Senior Fitness**, the "other" Dr. Ruth shows how to maintain and even increase physical and sexual fitness at any age—and dramatically reduce the risk of prostate cancer, varicose veins, osteoporosis, diabetes, cardiovascular disease, arthritis, Alzheimer's, and a host of other ailments and diseases. Full of detailed medical information, this inspiring handbook is the ideal resource for all those seeking to make life after fifty full of fun and dynamism.

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