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this as an opportunity to take stock to look after yourself reduce your risk of disease and make simple lifestyle and attitude changes that will have real impact later on Use your sixties to make sure you face your seventies more resilient and independent rather than more vulnerable as time passes This series appeals to anyone looking for straightforward practical non faddy advice to help them stay active and healthy *Sod Seventy!: The Guide to Living Well* Muir Gray,2024-11-07 Keep fit keep the brain going and with a spot of good fortune you can be living a fulfilling active life in your 70s 80s 90s and beyond Too many people think that ageing inevitably causes problems after seventy but a lot of these can in fact be postponed or prevented because they are not caused by ageing but by a loss of fitness preventable disease ageism and the negative beliefs and pessimistic attitudes that pervade society Shake off the stereotypes and empower yourself by adopting the simple actions described in this book Keep fit eat well keep your brain active and with a spot of good fortune you can be living a rewarding active life into your eighties nineties and beyond Live better for longer and remember seventy is the end of the beginning not the beginning of the end This edition includes new chapters on The brain and the mind including dementia prevention Managing your NHS service Taking charge of your healthcare in the digital world Fighting back after lockdown Part brain and body exercise book part manifesto for a happier healthier life this book will show you how to Sod Seventy and live life to the fullest **Auf die Plätze - 70 - los!** Muir Gray,2018-03-05 Im Alter aktiv fit und gesund bleiben das wnschen sich ganz viele Menschen Dieses Buch zeigt wie es gehen kann Es enth lt zahlreiche bungen und ist gleichzeitig ein Manifest f r ein gl ckliches und gesundes Leben im Alter Mit britischem Humor und Pragmatismus pr sentiert Muir Gray leicht umsetzbare Anleitungen die in kleinen realistischen H ppchen Ausdauer Gleichgewicht und Geschmeidigkeit trainieren Ein Schwerpunkt liegt auf seelischer Ausgeglichenheit da die Einstellung zum lterwerden entscheidend ist Wer sich auf diese Weise k rperlich und geistig fit h lt kann mit einer Portion Gl ck erf llte und gelassen bis in die 80er 90er und noch l nger leben *How to Age Joyfully* Judi Dench,Maggy Pigott,2019-07-11 We re living longer let s live better Getting older should be something to enjoy and celebrate And it can be Research shows that we can make a big difference to how well we age From staying active to connecting with others this uplifting book shares the secrets to ageing well in eight steps to help keep you healthy and happy Each step has easy to follow tips alongside inspiring words both ancient and modern and more Whether you choose to follow some of the advice or all this is the perfect guide for living a more fulfilled healthy and joyful life **Sod Seventy!** John Armstrong Muir Gray,2024 Keep fit keep the brain going and with a spot of good fortune you can be living a fulfilling active life in your 70s 80s 90s and beyond Too many people think that ageing inevitably causes problems after seventy but a lot of these can in fact be postponed or prevented because they are not caused by ageing but by a loss of fitness preventable disease ageism and the negative beliefs and pessimistic attitudes that pervade society Shake off the stereotypes and empower yourself by adopting the simple actions described in this book Keep fit eat well keep your brain active and with a spot of good fortune you can be living a rewarding active life into your eighties nineties and beyond Live

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