



Be Fit For Life: A Guide To Successful Aging: A Wellness, Weight Management, and Fitness Program You Can Live With

Steven R Gambert

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Be Fit for Life: A Guide to Successful Aging is a self-help book for anyone interested in living a happier and healthier life. Aging is a life-long process and the sooner one accepts this and better prepares for the years ahead, the more successful his/her aging process will be. Dr Gambert, a noted authority in the field of aging and medicine, takes the reader on a journey that provides information and practical advice on how to best prevent an accelerated aging process, avoid disease, and recognize and treat problems early.

This book also offers practical information to help the reader choose the right diet, exercise plan and lifestyle that will help promote a more successful aging process.

Contents:

- Introduction
- Step One: Preventing an Accelerated Aging Process
- Step 2: Preventing Disease
- Step 3: Recognize and Treat Problems Early
- Simple Steps You Can Take to Avoid Accelerating Your Aging Process
- Eat a Healthy Diet to Promote Wellness and Prevent Disease
- The Role of Vitamins in Promoting Successful Aging
- The Role of Minerals in Successful Aging
- The Role of Fiber in Successful Aging
- Fat, Cholesterol and Illness
- Reducing the Risk of Cardiovascular Disease Through Diet and Lifestyle
- The Role of Protein in Successful Aging
- The Role of Carbohydrates in Health and Disease
- Tips to Achieve a Healthier Diet: Eat Smart
- Selected Foods: Unexpected Benefits
- Foods for Specific Goals
- The Mind-Body Connection and Its Role in Reducing Stress
- Sleep: Necessary for Physical and Mental Well-Being
- Exercise: An Essential Path to Successful Aging
- The Role of Exercise in Weight Management
- Body Composition and Body Shape Type
- Taking the Next Step in Your Exercise Program to Attain a More Successful Aging Process
- You Are What You Eat
- Choosing a Diet: What Will Work?
- Want to Lose Weight?
- Final Considerations Prior to Choosing the “Right” Diet for YOU
- Ten Helpful Suggestions to Help YOU Lose Unwanted Weight and Keep It Off!
- Dieting: What Are My Choices?

- The *Be Fit for Life Diet*: A Diet YOU Can Live With
- Next Steps for a More Successful Aging Process

Readership: General public; health professionals and therapists interested in the study of aging, wellness and health promotion.

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Robert Jones:

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