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Living Fit After Fifty A Guide for the Post-Menopausal Woman Total Ann Haines

LIVING FIT AFTER FIFTY - A GUIDE FOR THE POST-MENOPAUSAL WOMAN (PAPERBACK)

> Bearhead Publishing, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book***** Print on Demand *****. Post-menopausal women battle fatigue, stress, and weight gain, especially belly fat, according to the International Journal of Obesity. But, unlike our mothers, our generation wants to fight back. For us, sixty is the new forty. But, where do we go for our battle plan?Unable to find a program addressing the specific fitness needs of post-menopausal women, author and woman living fit...

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- Authored by Carol Ann Haines
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