



21st Century Fitness: Your personal guide to getting younger as you grow older.

Larry Nachman, David Grant

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Beyond the traditional fitness methods developed in the last century there lies a new dimension of fitness. This next dimension is defined by its goal: to reverse the aging process and provide long lasting youth.

It was with fanfare and high hopes that we ushered in the 21st century, thinking that we had the answers to the fitness dilemma. There was information galore: Diets, mega-gyms, and endless array of equipment, videos, classes for everyone's taste, certified personal trainers, and a new theory every second. But as the dust has settled and we take a realistic look at the results, it appears as though we have failed. The United States has the most unfit population of all industrialized nations and its senior citizens have become old long before their time. 21st Century Fitness is a new attitude about aging. It breaks the cycle of stagnant thinking that has made most of today's fitness programs ineffective and obsolete. It is the first re-thinking of a total fitness program for all ages and lifestyles. It is an awakening to the new dimension of fitness that incorporates the best of 20th century methods and fills in the gaps that have long been missing. It provides every detail of exercise and nutrition to answer a question that we have asked throughout the ages: how can I have the essentials of youth in my later years? The new way to think about fitness.

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