



# Survival of the Fittest: A Practical Approach to Reverse the Aging Process

*Gary Palmer*

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## **Survival of the Fittest: A Practical Approach to Reverse the Aging Process** Gary Palmer

At what point in our life should we stop exercising? The answer might surprise you. Studies show that as long as we are capable of doing some sort of physical activity, we should exercise until we no longer can. When we reach our middle and senior years, it is crucial to our physical and mental well-being to speed up, not slow down. By accelerating our activity level, we can slow and reverse the process of aging! Survival of the Fittest offers a comprehensive program of prevention-a formula for healthy living-and a plan to reverse existing health problems. This easy-to-follow guide addresses the most common health and fitness concerns, such as weight management, cardiovascular fitness, and strength development. It explains how to improve brain health and reduce or eliminate stress, and how to lessen the chance of developing the most common types of cancer. Discover the profound effects of good nutrition, exercise, and strength development in Survival of the Fittest-and dramatically improve your quality of life! About the Author: Gary Palmer, the author of three published books, is also a Certified Personal Trainer, freelance writer, and motivational speaker. Moreover, he is a former newspaper columnist, educator, coach, and businessman. His professional writings include publication by the prestigious American Academy of Health and Fitness.

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