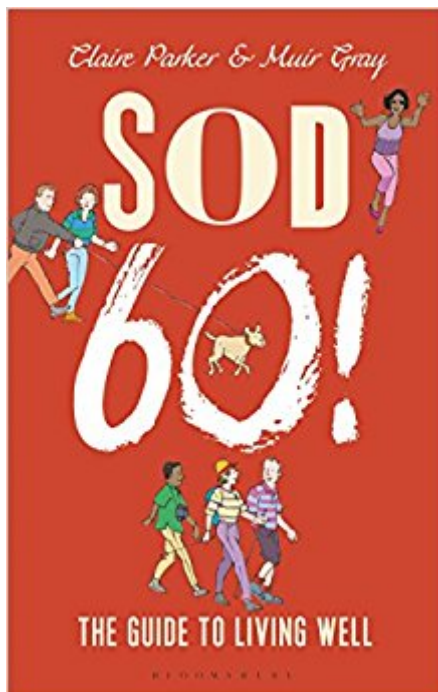


The book was found

Sod Sixty!: The Guide To Living Well



Synopsis

Getting older doesn't matter. Keeping active does. Sod turning sixty, make those small changes now and reap the rewards in your later decades! In the bestselling Sod Seventy! Sir Muir Gray demanded a 'bonfire of the slippers' and a reframing of what it is to be seventy and older, and how to make the most of your seventies, by closing the 'fitness gap' to stay fit and strong. Sod Sixty! is a fun, friendly, hands on guide to navigating your sixties - a very different decade with very different demands. Find out how to get fitter whatever your 'history', how to eat healthily, how to juggle looking after yourself with the responsibilities of family, friends and work, and how to make the most of this decade of change. But this is no boot camp regime. Sod Sixty! acknowledges the reality of our daily lives, and has a balanced approach, packed with achievable, practical and realistic strategies to improve your health and wellbeing. Our sixties are often thought of as the 'turning point' decade. Use 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. Written by Dr Claire Parker, a GP in her sixties, Sod Sixty! publishes at the same time as sister volume Sod it! Eat Well.

Book Information

Series: Sod

Hardcover: 240 pages

Publisher: Bloomsbury Sport (July 18, 2017)

Language: English

ISBN-10: 147292598X

ISBN-13: 978-1472925985

Product Dimensions: 5.6 x 0.9 x 216.9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #1,276,039 in Books (See Top 100 in Books) #89 in Books > Health, Fitness & Dieting > Aging > Exercise #176 in Books > Health, Fitness & Dieting > Aging > Longevity #2388 in Books > Medical Books > Basic Sciences > Physiology

Customer Reviews

"sensible and light-hearted advice" - The Bookseller "very informative guide that takes a fun, rather

than a preachy tone, about making good health decisions, as well as using simple steps to cope with lots of issues that crop up as we get older" - Irish Examiner"Sixty-something GP Dr Claire Parker and public-health expert Sir Muir Gray have combined their wisdom . . . From eating well to keeping fit, they give inspiring advice on making the best of yourself later in life" - Saga

Dr Claire Parker recently turned 60. She has been a GP and family doctor for over 20 years and was a medical researcher before that. Sir Muir Gray pioneered breast and cervical cancer screening, and was knighted in 2005 for his work in the development of foetal, maternal and child screening programmes. He is Director of Better Value Healthcare, and author of Sod Seventy!@muirgray

[Download to continue reading...](#)

Sod Sixty!: The Guide to Living Well Sod Seventy!: The Guide to Living Well Sixty Things to Do When You Turn Sixty: 60 Experts on the Subject of Turning 60 Sixty-Minute Seder: Preserving the Essence of the Passover Haggadah (Sixty-Minute Collection) Sixty: A Diary of My Sixty-First Year: The Beginning of the End, or the End of the Beginning? Living Well with Back Pain: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) by Morris, Kerry-Ann 1st (first) Edition [Paperback(2006/4/4)] Living Well with Parkinson's Disease: What Your Doctor Doesn't Tell You....That You Need to Know (Living Well (Collins)) Living Well with Depression and Bipolar Disorder: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) Living Well with Migraine Disease and Headaches: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) How To Dig A Well: Pictured Guide On How To Drill A Well And Provide Your Homestead With Fresh Water: (How To Drill A Well) Living Well, Staying Well:: Big Health Rewards from Small Lifestyle Changes (American Heart Association) The Good Life: Helen and Scott Nearing's Sixty Years of Self-Sufficient Living The Minimalist Budget: A Practical Guide on Living Well, Spending Less, How to Save Money And Living Your Life With a Minimalist Lifestyle Living with Epilepsy (Living Well: Chronic Conditions) Living with Cystic Fibrosis (Living Well: Chronic Conditions) Living Well, Running Hard: Lessons Learned from Living with Parkinson's Disease Tiny House Living: Ideas For Building and Living Well In Less than 400 Square Feet Hygge: 30 Days to Happy Living, From The Danish Art of Happiness and Living Well

Contact Us

DMCA

Privacy

FAQ & Help